

You & your Baby

A national survey of health and care during the 2020 Covid-19 pandemic



KEY FINDINGS From the Social Media Survey

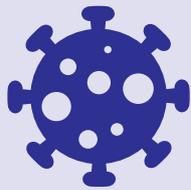
The Social Media Survey^A heard from women who gave birth in the UK between March and August 2020, during the first wave of the Covid-19 pandemic. 1,622 women took part, telling us about their experiences during pregnancy, birth and up to six months after their baby was born. While some women's early pregnancy care may have happened before the pandemic started, many women's care later in pregnancy, around birth and during the postnatal period was during the pandemic. For the full report go to: www.npeu.ox.ac.uk/maternity-surveys.

80% of women were satisfied with pregnancy and birth care - small drop from 88% in 2014 survey*

50% of women were satisfied with postnatal care - big drop from 77% in 2014 survey*

Pregnancy & birth

Impact of Covid-19 on pregnancy and birth care:



52%

experienced changes to their pregnancy care

36%

had some antenatal appointments cancelled

11%

attended NHS antenatal classes (30% in 2014 survey*)



9%

experienced a change to their planned place of birth

29%

experienced other changes to their plans for birth

Impact of Covid-19 on information:



32%

felt informed about how Covid-19 would affect their pregnancy

44%

felt informed about how Covid-19 would affect their maternity care

49%

always felt involved in decisions about their pregnancy care (70% in 2014 survey*)

Impact of Covid-19 on involvement of birth partners:



81%

of birth partners were unable to attend all antenatal appointments

62%

of birth partners were unable to attend all scans due to restrictions

73%

of birth partners faced restrictions around attending births

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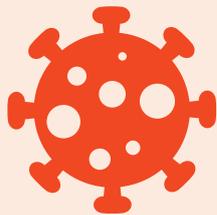


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Women also told us about their experiences in the first six months after their baby was born. During this time (March 2020 to February 2021), there were various Covid-19 lockdowns and restrictions in place both nationally and locally.

Postnatal period

Impact of Covid-19 on postnatal care:



92%

experienced changes to the visiting hours or policies at their hospital or birth centre

50%

wanted more midwifery contact in the postnatal period (24% in 2014 survey*)



78%

had a postnatal check-up (91% in 2018 survey*)

71%

received less support, including from family, friends and health care services

Impact of Covid-19 on breastfeeding:



88%

started breastfeeding their baby (85% in 2018 survey*)

69%

were still breastfeeding when their baby was six weeks old (64% in 2018 survey*)

Impact of Covid-19 on mental health:



46%

reported anxiety in the postnatal period (29% in 2018 survey*)

25%

reported depression in the postnatal period (16% in 2018 survey*)