

# You & your Baby

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



## KEY FINDINGS

From the National Maternity Survey

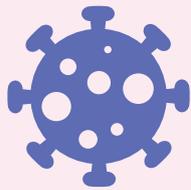
The 2020 National Maternity Survey<sup>^</sup> heard from women who gave birth in England during May 2020, two months after the beginning of the first national Covid-19 lockdown. 4,611 women took part, telling us about their experiences during pregnancy, birth and up to six months after their baby was born. While their early pregnancy care happened before the pandemic started, their care later in pregnancy, around birth and during the postnatal period was during the first wave of the pandemic. For the full report go to: [www.npeu.ox.ac.uk/maternity-surveys](http://www.npeu.ox.ac.uk/maternity-surveys).

**84%** of women were satisfied with pregnancy and birth care - small drop from 88% in 2014 survey\*

**53%** 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:



**53%**

experienced changes to their pregnancy care

**36%**

had some antenatal appointments cancelled

**8%**

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



**10%**

experienced a change to their planned place of birth

**32%**

experienced other changes to their plans for birth

#### Impact of Covid-19 on information:



**44%**

felt informed about how Covid-19 would affect their pregnancy

**52%**

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

**54%**

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

**60%**

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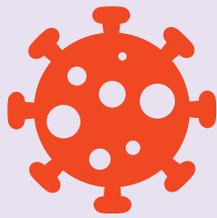
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Women also told us about their experiences in the first six months after their baby was born. During this time (May to November 2020), there were various Covid-19 lockdowns and restrictions in place both nationally and locally.

### 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\*)



84%

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

63%

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

#### Impact of Covid-19 on breastfeeding:



85%

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

48%

were still breastfeeding when their baby was six months old (45% in 2018 survey\*)

#### Impact of Covid-19 on mental health:



39%

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

22%

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