



# Born in Wales Newsletter 2



## Covid-19 and pregnancy

11 in 100 expectant mums have had symptoms of COVID-19. 1 in 4 mums-to-be said they have changed the birth they intend to have as a result of the COVID-19 situation.

52% intend to breastfeed only, 11% bottle only, 30% combine breast & bottle & 7% are unsure.

45% say they have had periods of bad stress during their pregnancy.

## Wide variation in experience

The experiences of expectant mums is still very varied. Some feel supported & are having a positive experience. Indeed, there are signs of improvement for some in terms of support. However, many mums are still feeling isolated. Concerns over whether their partner will be able to attend labour are leading to stress & anxiety for many.

"Great, no different to my 1st pregnancy so far  
"I have had good support & feel fine"  
"My GP has been fab" "Midwife has been lovely"  
"Support was poor to begin with but much better now"

"constant worrying if my partner can be in the room whilst I deliver, having to attend appointment on own & its effecting my mental health not to be allowed my partner support with me during difficult times" "Feel a little alone & unsupported"

## Concerns over lack of groups & other forms of support

Many mums-to-be are disappointed with the lack of antenatal groups, classes & lack of face to face appointments. This seems particularly hard for first time mums & those with existing conditions or concerns & even more important when considering lack of usual support mechanisms from friends/family. Some are turning to online sources of advice & support.

"I am 25 weeks and still have had no recommendations, advice or guidance re: prenatal groups or support groups."  
"Difficult, had to search out information myself online"

"Awful that there are no groups. I am a first time mum & have very little knowledge"  
"Less appointments than normal & a lot of guesswork & googling on my part." "not had access to usual meetings & support groups during my pregnancy"