

# B.R.A.I.N for Birth

**B**

WHAT ARE THE BENEFITS?

How does the recommended course of action or suggestion help me, my baby or my birth?

**R**

WHAT ARE THE RISKS?

How does the recommended course of action or suggestion affect me, my baby or my birth? What other procedures may follow?

**A**

WHAT ARE THE ALTERNATIVES?

Are there other options that I could consider? What are their benefits and risks?

**I**

WHAT DOES MY INTUITION TELL ME?

What is my gut feeling about this course of action or suggestion? How does my partner feel?

**N**

WHAT IF I DO NOTHING (RIGHT NOW)?

What would be the consequence if I choose to say no or opt to wait?