

When the unexpected arises during pregnancy and birth... Use your B.R.A.I.N!

B

What are the benefits?

How does this plan of action or suggestion help me or my baby? What does my care provider hope to accomplish?

R

What are the risks?

What are the risks associated with this course of action? Possible negative side effects? What other procedures may follow?

A

What are the alternatives?

What other options are there? What are their risks and benefits?

I

What does my intuition tell me?

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

N

What if I do nothing (for now)?

What would happen if I chose to say no or if I chose to wait before doing anything?



Hands and Heart Doula and Birth Services
www.handsandheartdoula.com