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

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?

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

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

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

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