

WHEN MAKING DECISIONS IT CAN HELP TO USE YOUR
BRAIN

B

Benefits

How can this decision help me and my baby?

R

Risks

What are the potential risks to both me and my baby if we make this decision?

A

Alternatives

What alternative decisions are there? Are any of them safe for our circumstances and available at this hospital?

I

Intuition

What is my intuition telling me to do? What decision feels right/wrong?

N

Nothing

What would happen if I wait and do nothing differently for an hour?.

These questions, along with dialogue with your OB/GYN or midwife, can help you to make the best decision for you and your baby.