



Making a decision?

## USE YOUR B.R.A.I.N.!

### **B**ENEFITS

Why is this a good idea?

### **R**ISKS

What are the drawbacks of this choice?

### **A**LTERNATIVES

What other options are there that are safe for me and my baby?

### **I**NTUITION

Which decision is my gut telling me to go with?

### **N**OTHING

What would happen if we don't change anything for 1-2 hours?



*Blissful  
Birthing*

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