

Use your B.R.A.I.N.

FOR HELP MAKING DECISIONS DURING PREGNANCY, BIRTH, AND POSTPARTUM.

B

BENEFITS

How will this help me? How will this help my baby? Does current research support these benefits?

R

RISKS

How will it affect me? How will it affect the baby? What are the actual, absolute numbers of this risk?

A

ALTERNATIVES

What are my other options right now? Are there other ways to achieve this?

I

INTUITION

How does this make me feel? What decision is going to leave me feeling the best long-term?

N

NOTHING

What happens if I do nothing? Can I have more time to make a decision? Can we wait for one more hour?

This is a great foundation for making informed decisions and choosing what is best for you and your family.

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