

# Make Informed Decisions

There can be SO many questions related to pregnancy, labor, and birth.

Each question is an opportunity to make proactive choices for yourself and your baby.

Using the BRAINS tool can help you make informed choices about your pregnancy and birth.

Refer to this download in the additional resources section of this course



When faced with a change of plans during labor, first ask "Is this an emergency?"  
If not, you have time to make your decision! Pause, use your brains, then ask:

<b>B</b>	<b>BENEFITS</b>	What are the benefits to this procedure/intervention/test? How will this help me, my baby, or my labor? How likely is it that I will experience these benefits?
<b>R</b>	<b>RISKS</b>	What are the risks to this procedure/intervention/test? How might this impact me, my baby, or my labor? If I agree to this, what else must I agree to?
<b>A</b>	<b>ALTERNATIVES</b>	Are there any alternatives to this suggestion? Can we try something else instead? Why or why not? Can I talk to someone else about this?
<b>I</b>	<b>INSTINCT</b>	What does my and my partner's instinct say about this option? Does this make sense to me? Does this help me achieve my goals? Is there a chance I will regret this?
<b>N</b>	<b>NOTHING</b>	What happens if we do nothing? Does this decision need to be made, or can we wait and see? Can we wait an hour or more to make our decision?
<b>S</b>	<b>SPACE</b>	Can we have space to talk about our options together? Can we have time alone to process our emotions about this? Can we talk in private with our doula before deciding?