

How to Use Your Birth B-R-A-I-N

SOMETIMES MAKING DECISIONS DURING YOUR LABOR/BIRTH CAN FEEL OVERWHELMING. TAKING A MOMENT TO THINK THROUGH THE B-R-A-I-N ACRONYM CAN HELP YOU THINK THROUGH YOUR OPTIONS CLEARLY.

B

What are the BENEFITS of this option?

R

What are the RISKS of this option?

A

What are my ALTERNATIVE options?

I

What is my INTUITION telling me?

N

What happens if we do NOTHING?