

Use **BRAIN** to make decisions that feel right for you and your baby

There are many choices and decisions to make as your pregnancy progresses. Should I have antenatal tests? Should I plan a pool birth or a caesarean birth? Should I have my labour induced?

Sometimes a course of action is presented as a given but you always have choices. The **BRAIN** tool provides a logical approach to talking through all options with your doctor and midwife

What is the decision/care being considered?
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How long do I have to make this decision?

Benefits What are the benefits of making this decision?
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Risks What are the risks associated with this decision?
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Alternatives Are there any alternatives?
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Intuition How do I feel? What does my 'gut' tell me?
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Nothing What if I decide to do nothing/wait and see? What happens next?
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