

Use your BRAIN.

When making any decision, be informed and use your **BRAIN**

There will be many times during your pregnancy and labor where you will need to make important decisions regarding the care of yourself and your unborn baby. Whenever this happens, take your time and use this sheet to make sure you are making the best decision for **YOU**.

Let's Break it Down!

BENEFITS

- What are the benefits to my labor?
- How does this help my baby and/or me?

RISKS

- What are the risks to my labor?
- How does this affect my baby and/or me?

ALTERNATIVES

- What are the other options available for this situation?
- What else can I do right now?

INTUITION

- What does your gut say?
- What are you feeling like you should do?

NOTHING/ **NEED MORE TIME**

- What happens if I do nothing right now?
- Can I have more time to think about this and/or talk it over with my support system?