



B.R.A.I.N.

BRAIN is a simple acronym you can use to make informed healthcare decisions. It is particularly helpful prenatally for understanding the decisions you may be presented with labor *and* when discussing medical procedures and interventions with your healthcare provider during pregnancy and childbirth. Your doula is equipped to have in-depth discussions using the BRAIN technique.

U Urgent?

Is this urgent or is there time to talk? Most of the time there is time to ask questions and better understand your options. In an emergency, you can still ask your provider to explain what is happening and what they are doing to resolve issues.

B Benefits

What are the benefits? How will it help me and my baby?

R Risks

Are there side effects? Discomfort? Are there follow up procedures?

A Alternatives

What other options do I have? Can it wait? Are there other things we could try first?

I Instincts

How am I feeling about this? What does my gut tell me?

N Nothing

What if I choose to do nothing or wait and see?

Print, cut and tape these cards to yours and your partner's phone. Keep them in your wallets, hospital bag or back pocket. Share with friends.

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