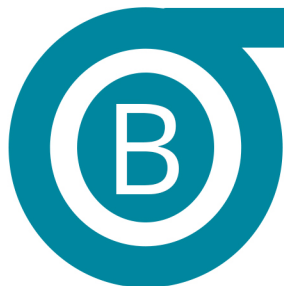


BRAIN Decision Making Tool for a Better Birth Plan

What is the decision I need to make?

TIME How much time do I have or need? Is it an emergency?

OPTIONS What are my options? Remember you have the **RIGHT** of choice



Benefits What are the benefits of the suggested course of action? Consider benefits to both you and your baby.



Risks What are the risks associated with this decision? Any side effects? Remember that different people will weight the benefits and risks differently



Alternatives What other options are available?



Intuition How do I feel about the suggested course of action? Often our subconscious quietly analyses the information in a way that our conscious brain can't.



Nothing What if I do nothing? What if we wait for an hour, a day, or a week?