



BRAIN: A tool to navigate decision-making in labour

If interventions are being suggested to you in labour by your gynae or midwife, then here is a great tool for helping you and your partner decide if this is the right course of action for you. It will help you to ask the right questions about the intervention.

B: Benefits

What are the benefits of doing this procedure or taking this course of action?

R: Risks

What are the risks of doing this procedure or taking this course of action?

A: Alternatives

Are there any alternatives to what I am being offered?

I: Implications & Intuition

What is my gut telling me to do? Does this procedure make sense? What are the implications of following this course of action? Will it make further interventions more likely?

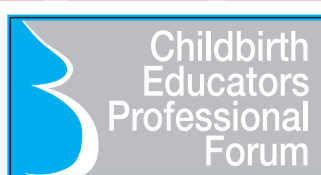
N: Nothing

What would happen if we did nothing or waited for a while before doing anything?

Birth is unique to every mom and baby. Issues can arise during labour causing decision-making to become necessary. The intervention rate during labour is high. Use **BRAIN** to help you navigate your way through labour to decide what interventions you are willing to have and when.



Find a childbirth educator in your area
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