

Using Your B-R-A-I-N

BRAIN is an acronym that is helpful for decision making during pregnancy, labor, birth, and for your newborn's care. Asking your provider for a few minutes during non-emergent moments allows you and your partner to go through the fundamentals of BRAIN and make a decision that you feel empowered by.

What does BRAIN stand for?

B – Benefits

R – Risks

A – Alternatives

I – Intuition

N – Need time

How do you use BRAIN?

As long as mom and baby are okay and this is a non-emergent situation, you have time to think about options presented.

Benefits

- What are the physical, emotional, or other benefits of this option?
- How will this help your labor, your baby, you?

Risks

- What are the risks or side effects of this option to you, your baby, and your labor?
- How likely are the risks?

Alternatives

- What is the desired effect of the option being presented?
- Is there an alternative that gets similar results?
- What are the benefits/risks of the alternative option?

Intuition

- What is your gut feeling of the option being presented?
- Did you include anything about this option on your birth wishes?

Need Time

- I need time to think this decision through.
- I need a private moment to talk with my family.
- I would like to wait for now.