



Use **BRAIN** to make decisions that feel right for you and your baby

There are many choices and decisions to make as your pregnancy progresses. Should I have antenatal tests? Should I plan a pool birth or a caesarean birth? Should I have my labour induced?

Sometimes a course of action is presented as a given but you always have choices. The tool provides a logical approach to talking through all options with your doctor and midwife

What is the decision/care being considered?

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How long do I have to make this decision? .....

**B**enefits What are the benefits of making this decision?

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**R**isks What are the risks associated with this decision?

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**A**lternatives Are there any alternatives?

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**I**ntuition How do I feel? What does my 'gut' tell me?

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**N**othing What if I decide to do nothing/wait and see? What happens next?

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