



BRAIN is an acronym that can be used to help people make informed decisions, especially during pregnancy and birth:

B: Benefits What are the benefits of making this decision, for the baby, for the birthing person, and for labor?

R: Risks What are the risks of making this decision, for the baby, for the birthing person, and for labor? Consider how benefits and risks may affect each other

A: Alternatives Are there any other options? What could we try instead?

I: Intuition What does your gut say? How do you feel about this decision?

N: Nothing What would happen if you decided to do nothing or wait and see?