

NEED TO MAKE A DECISION ABOUT YOUR PREGNANCY, BIRTH, OR BABY?

USE YOUR BRAIN!

B

Benefits

WHAT ARE THE BENEFITS OF THE INTERVENTION? HOW MIGHT IT HELP ME OR MY BABY? WHY DOES THE PROVIDER OR NURSE WANT TO DO IT? WHAT DOES THE REAL RESEARCH REALLY SAY?

R

Risks

WHAT ARE THE RISKS TO THIS OPTION? HOW COULD IT MAKE THE SITUATION WORSE? WHAT DOES THE REAL RESEARCH SAY? COULD THIS LEAD TO OTHER INTERVENTIONS OR COMPLICATIONS?

A

Alternatives

WHAT ALTERNATIVES ARE THERE TO THIS OPTION? ARE THERE OTHER WAYS TO ACHIEVE THE GOAL TO CONSIDER OR TRY FIRST?

I

Intuition

WHAT DOES MY GUT SAY? HAVE I PRAYED ABOUT IT? IS THIS GOING AGAINST SOMETHING I BELIEVE CONCERNING MYSELF, MY BODY, MY FAITH? IS THERE SOMETHING INSIDE TELLING ME THAT THIS SHOULD OR SHOULDN'T HAPPEN?

N

Nothing/Not Yet

WHAT IF I DO NOTHING? IS THERE A REASON I NEED TO RUSH THE CHOICE RIGHT NOW? CAN I WAIT A FEW MINUTES OR HOURS TO MAKE THE CHOICE?