

# Brian

## Informed Decision Making

### What would my friend Brian do?

Sometimes it is helpful to get a different perspective on things and depersonalising things allows you to look at things more objectively. Brian will be the next best thing to a birthing partner and the key to your intuition, use him well!

**B**

What are the **BENEFITS**?

**R**

What are the **RISKS**?

**I**

What is your **INTUITION** telling you or what is the **INDICATION** for that?

**A**

Are there any other **ALTERNATIVES**?

**N**

What would happen if we did **NOTHING**?

# Brains

## Informed Decision Making

**B**

What are the **BENEFITS** of this intervention for mother and baby?

**R**

What are the **RISKS** to the mother? What are the risks to baby? How could the path of birth change?

**A**

What **ALTERNATIVES** could we try first? We would like to keep intervention to a minimum. We would like this birth to be as undisturbed as possible, do you have any suggestions?

**I**

What is your **INTUITION** telling you or what is the **INDICATION** for this intervention?

**N**

What would happen if we did **NOTHING**? We'd like a bit of time to think about it. If all is well at the moment we'd like to stay with our choices a little longer. If labour has slowed down or stopped and all is well, we'd like to go home for a bit.

**S**

Keep smiling, a **SMILE** releases endorphins and build great rapport with your care team .

1. We do not want to not rush this birth unless there is something wrong. Could we please stay with our birth preferences a little longer?
2. Is my partner in any immediate danger? Is the baby in immediate danger? Then we'd like to stay with our birth choices for a while longer.
3. Thank-you very much for your advice. We'll just take a few moments to have a think and come back to you.
  - What is the medical indication here?
  - If there is no medical indication we would like to wait a little.
  - What other alternative or options are there that we could attempt first?
  - What effect could what you're suggesting have on the baby?
  - Thank-you very much for your advice. We'll just take a few moments to have a think and come back to you.

***Remember: Your midwives want to help you. You need to tell them what you want in order for them to help you.***