

The **BRAINED** acronym is a great tool to use for informed decision making! Whether it is a form of induction, pain medication, intervention or a caesarean section that you are being faced with, these questions can help you determine how necessary it may or may not be, and help you determine how you feel about it and what your other options are.

It is a good idea to memorize these questions before labour begins. If you have a Birth Partner (spouse, friend or family member) they can ask these questions if you are unable to (for example, you are focusing on an intense contraction.) If you have a Doula, they will not be able to speak for you but can advocate for your preferences by reminding you or your partner to ask these questions.

**B** enefits: What are the benefits of this option?

**R** isks: What risks does this option pose to me and my baby?

**A** lternatives: What are the alternatives?

**I** ntuition: What does your intuition say about this option?

**N** o/ **N**ot right now: What would happen if we said no, or not right now, and how long could we wait?

**E** xcuse yourself: spend time alone or with your partner or support team to think about what you want.

**D** ecide: choose what feels right for you.