



Home Birth  
Aotearoa

# ***B.R.A.I.N.S***

*Relevant questions of your midwife, doctor or anyone else offering you services, choices or interventions.*

B is for Benefits:

- How will this help my pregnancy?
- How will this help my baby?
- How will this help my labour?
- How will this help me?
- how will this help my family?

R is for Risks:

- How will this affect my baby?
- How will this affect my labour?
- How will this affect me?
- what are the risks of not doing this?
- what are the risks of further complications if I say yes?
- How common is this risk? What are the statistics?
- Are the risks directly related to your particular level of experience and knowledge?
- what harm is there if we wait?

A is for Alternatives

- what are the alternatives to this procedure/medication/course of action?
- what are the benefits and risks of the alternatives?
- Is there someone else I can speak to?
- Is there something we could try first?

I is for Intuition and information

- What is my/our gut feeling about this?
- what do you see that tells you we need to do this?
- what is the medical indication here?
- why do you feel this is necessary?

N is for Need time/ not now thanks

- Is this an emergency?
- I need time to think this choice through
- I need a private moment to discuss with my family
- I would like to wait for now
- No thank you.
- I have made a decision to decline this treatment