

USING YOUR B.R.A.I.N.

A large, bold, teal letter 'B' is centered on a square background with a light beige and green speckled pattern.

WHAT ARE THE BENEFITS?
What are the benefits to the birthing person & to the baby? What does the evidence say?

WHAT ARE THE RISKS?
Just like the benefits, what are the risks? What could the possible outcomes be? What does the evidence say?

A large, bold, teal letter 'R' is centered on a white background with a dark teal border.

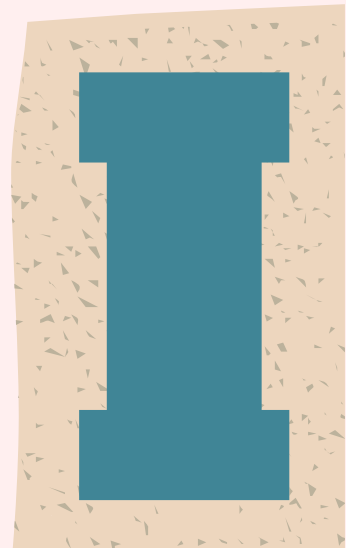


WHAT ARE THE ALTERNATIVES?

What else could you consider?
Changing position?
Alternative pain relief?
Waiting a little longer?
(see N)

WHAT DOES YOUR INTUITION TELL YOU?

Trust your instincts. Do you feel like you are doing ok? Do you feel like you need some additional support?



WHAT IF YOU JUST DO NOTHING?

What if you take some time to see what happens? Use that time to change position, go for a walk, have some food or have a wee.



BRAIN is such a useful tool to allow you to have honest discussions with your health care provider. Use it whenever you feel you need more information.

If you feel like you would like some support, please get in touch. I offer a selection of antenatal classes & workshops that are designed to make you feel informed, confident & prepared.



Vicki x

