

When an unexpected situation arises during labour

# USE YOUR BRAIN

**B**

**What are the BENEFITS?**

How does the recommended course of action or suggestion help me, my baby or my labour?

**R**

**What are the RISKS?**

How does the recommended course of action or suggestion affect me, my baby or my labour?  
What other procedures may follow?

**A**

**What are the ALTERNATIVES?**

Are there any other options that I could consider?  
What are their benefits and risks?

**I**

**What does my INTUITION tell me?**

What is my gut feeling about this course of action or suggestion? How does my partner feel?

**N**

**What if I do NOTHING (right now)?**

What would be the consequence if I choose to say no or opt to wait?