



International Childbirth Education Association

Informed Decision Making Worksheet

To discuss your pregnancy, labor and birth options with your care providers, just remember

B-R-A-I-N

Benefits

How will this help my labor? _____

How will this help my baby? _____

How will this help me? _____

Risks

How will this affect my labor? _____

How will this affect my baby? _____

How will this affect me? _____

Alternatives

What are my options? _____

Intuition

What does my inner voice say? _____

Need Time

I need time to think this decision through.

I need a private moment to talk with my family.

I would like to wait for now.