

Created by All Things Birth for Lower Hudson Valley Perinatal Network (914) 493-6435

- Action steps:
- 1) Weigh the information presented,
 - 2) Discuss it with your support team
 - 3) Ask any follow-up questions and for time to think if you need it
 - 4) Make an informed decision.

Informed Choice:

Use your B.R.A.I.N.

This is a non-confrontational way to make decisions.



When a treatment, test, or intervention is suggested use your B.R.A.I.N. and ask these questions to help you make an informed choice.

B – What are the **B**enefits of doing what you recommend?

R – What are the **R**isks associated with what you recommend?

A – What are my **A**lternatives?

I – What does my **I**ntuition tell me?

N – What happens if we do **N**othing?

Directions:

- 1) Cut across the gray line (above the directions)
- 2) Fold the B.R.A.I.N Card in half, across the red dotted line. Fold the paper so that the information is facing the outside (i.e. the inside of the card, after it is folded, should be blank).
- 3) Fold the B.R.A.I.N Card in half again, across the black dotted line.