



# BRAIN decision making tool

**B** **Benefits**  
What are the benefits to both me and baby?  
What is the evidence?

**R** **Risks**  
What are the risks to both me and baby?  
What are the actual numbers (not relative percentages)?

**A** **Alternatives**  
Are there any alternatives?

**I** **Instinct**  
What is my gut telling me I should do?

**N** **Nothing**  
What happens if we do nothing?  
Could I get additional monitoring instead?  
Can I change my mind later?  
Do I need to decide right now?