

When faced with a decision, use your

B.R.A.I.N.



B - BENEFITS: What are the benefits of doing what is suggested?

R - RISKS: What are the risks to me and my baby of doing what is suggested?

A - ALTERNATIVES: Are there any other alternatives or options for me to consider?

I - INTUITION: How does this decision make me feel? Am I at peace with moving forward?

N - NOTHING: What happens if I decide to do nothing? What if I wait longer?

Knowledge is powerful. Do not be afraid to ask questions and know your options, before making decisions that affect you and your baby.