

# BRAIN

The perfect tool for making decisions in childbirth and pregnancy.

In fact, this system can be used for all kinds of decisions, also outside of pregnancy and puerperium.

With BRAIN you will know what is going on, be able to ask additional questions and feel informed about all your options.

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## BENEFITS

- What are the advantages of the intervention?
- How will it help?
- What will it prevent?

## RISK

- What's the risk?
- How does it affect postpartum and breastfeeding?
- What if a risk occurs, what is the next step?

## ALTERNATIVES

- What else can we do?
- What are the procedures?
- What are the recommendations and what to do next if we choose an alternative procedure?

## INTUITION

- How do I want my birth and postpartum look like?
- How do I feel about this decision?
- What is my intuition telling me, what is my partner saying?

## NOTHING/ NEGOTIATION

- What happens if we do nothing?
- Second opinion?
- Request for arguments, statistics in writing.