

**B**

## BENEFITS

There are benefits & risks to everything. We need to know the benefits & risks of any procedure and the benefit of doing nothing. Only then can we make informed decisions

**R**

## RISKS

Risk is individual, what one deems risky is not the same as another. We make different choices based on our own values, you need to work out what the risk is to you personally

**A**

## ALTERNATIVES

There are always alternatives to every suggestions. Find out what they are so you can make the best choice for you.

**I**

## INFORMATION

Make sure you have good information. It may not be offered so you will need to challenge if needed. Then you can trust instincts when giving birth

**N**

## NOTHING

This does not mean 'do nothing, ever' but perhaps about taking time. Take a moment, be present can be the best course of action. This is supported by the WHO intrapartum guidelines

**S**

## SMILE

Smiling releases Oxytocin allowing birth and labour to move along at a pace that is right for you. You, partner and baby know best