

## **B**enefits

What are the benefits of this intervention to the mother and baby?

What are the benefits to the baby?

## **R**isks

What are the risks of this intervention to the mother and baby?

How could my labour change if we have this intervention?

## **A**lternatives

What alternatives could we try first?  
(We would like to keep intervention at a minimum)

We would like to keep this birth as normal as possible. Do you have any suggestions??

## **I**ndication/ **I**ntuition

What's the indication for this intervention, are you concerned about the baby or the mother?

Is there a medical reason for this intervention?

If mum's fine and baby's fine then we'd rather wait.

Can we wait another hour, if all is well?

What's your intuition telling you? Use your breathing and self-hypnosis to tune your into your body. Very often women during labour say that they 'just knew' what to do.

## **N**othing

What would happen if we did nothing?

If mum is doing well and baby is showing no signs of distress we'd like to do nothing and wait a while.

We'd like time to think about it.

If all is well we'd like to do nothing and stay with our birth choices a little longer.

If labour has slowed down or stopped, can we go home for a bit?

## **S**mile

Ask everything gently, softly, with a smile! Building up good rapport with your midwife will help you both feel calmer and encourage a sense of camaraderie, familiarity and trust.