



Coaching with BRAIN

Benefits	Risks	Alternatives	Individualization	Not now
The benefits of the medical caregivers' suggestion/approach	The risks of the medical caregivers' suggestion/approach	The alternatives to the caregivers' suggestion /approach	Connecting the information with the parents' unique and distinct beliefs, values, and needs	Do we have time to think about it and wait before following?
<p>Clarifying Benefits</p> <p>Did you fully understand the condition/ situation?</p> <p>Do you need further explanation about the condition/situation?</p> <p>Do you understand how this intervention will resolve the situation?</p> <p>Do you have any additional questions or concerns?</p>	<p>Clarifying Risks</p> <p>Do you fully understand the risks of the condition?</p> <p>Do you fully understand the potential risks of this medical intervention?</p> <p>Do you understand the impact on the rest of your birth experience or the potential deviation?</p>	<p>Exploring Options</p> <p>Would you like us to explore alternatives/ other approaches to resolving the condition?</p> <p>With which of these options do you feel most comfortable?</p> <p>Which of these options feels most likely to bring you closer to your desired birth/goals?</p>	<p>Beliefs and Values</p> <p>Does the medical suggestion resonate with you?</p> <p>What is your gut feeling about this situation?</p> <p>Do you trust the caregiver to act in your best interest right now?</p> <p>Would you like us to focus on what is still possible for you?</p>	<p>Conviction</p> <p>Did the caregiver convince you of the necessity of the suggested intervention?</p> <p>How comfortable are you to try alternatives before following the medical advice?</p> <p>How comfortable are you to advocate for yourself? If not, what's missing?</p>