30 The uranium nuclide $^{238}_{92}U$ undergoes a series of α and β decays to the stable lead nuclide $^{206}_{82}Pb$.

What is the number of α decays and β decays in the series of decays?

A 5 α decays and 12 β decays

B 6 α decays and 8 β decays

C 7 α decays and 4 β decays

D 8 α decays and 6 β decays