



## Coaching with BRAIN

<b>Benefits</b>	<b>Risks</b>	<b>Alternatives</b>	<b>Individuation</b>	<b>Not now</b>
<p>The benefits of the medical caregivers' suggestion/approach</p>	<p>The risks of the medical caregivers' suggestion/approach</p>	<p>The alternatives to the caregivers' suggestion /approach</p>	<p>Connecting the information with the parents' unique and distinct beliefs, values, and needs</p>	<p>Do we have time to think about it and wait before following?</p>
<p><b>Clarifying Benefits</b></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><b>Clarifying Risks</b></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><b>Exploring Options</b></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><b>Beliefs and Values</b></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><b>Conviction</b></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>