



International Childbirth Education Association

Informed Consent Discussion Sheet

To discuss your pregnancy, labor, and birth options with your care provider just remember
B-R-A-I-N

Benefits

How will this help my labor? _____

How will this help my baby? _____

How will this help me? _____

Risks

How will this affect my labor? _____

How will this affect my baby? _____

How will this affect me? _____

Alternatives

What are my other options? _____

Intuition

What does my gut say? _____

Need Time

I need time to think this decision through.

I need a private moment to talk with my family.

I would like to wait for now.