



Pregnant women



Clinicians

Supporting Your Choices

This tool can be used to help create a **trusting relationship** that allows for **good conversations**. Be **honest**, **listen**, **respect** each other and be **inclusive**.

Until you opt-in, you are not in	☒ Frame conversations around choices and empower people to make them ☒ Assume people have opted in, that they are OK with what you are intending
You can say no , you can say yes , you can ask , you can think about it, you can change your mind - it is your choice about what is important to you	☒ Respect the choices made, even if you disagree – it is OK to disagree ☒ Seek advice and support from colleagues if you're not sure how to support the choice being made
You should be provided with all the information that you need (no more, no less) that is easy to access and easy to understand , to help inform your choices	☒ Provide and signpost to all the information needed to make a free choice ☒ Help explain information using the BRAINS acronym ☒ Check understanding of information, talk it back ☒ Assume information is understood ☒ Cherry pick information in order to influence choice ☒ Keep back a choice if you disagree with it
Not all your choices might be easy to deliver on - consider reasonable adjustments if that helps deliver your choice	☒ Think about 'how this choice might be delivered' ☒ Consider and offer reasonable adjustments to make it easier to deliver the choice made ☒ Check understanding of information, talk it back ☒ Dismiss a choice simply because is it difficult to achieve

BRAINS can help you ask questions.

- B** = What are the **Benefits**?
- R** = What are the **Risks**?
- A** = What are the **Alternatives**?
- I** = What does your **Intuition** or gut feeling tell you?
- N** = What happens if we do **Nothing** for now? Can we wait and take some time to think?
- S** = Can you get a **Second opinion**? Who else can you talk to about this?

The BRAIN acronym helps you to have conversations that will support you to make a decision.