

BIRTH ACRONYMS

www.reddeerdoulaassociation.com

WATER BROKE? REMEMBER TACO!

T **Time** - What time did your water break?

A **Amount** - How much fluid was there?

C **Colour** - Is the fluid clear, or is there a colour to it?

O **Odour** - Does it have an odour?



Make note of all these, so that you can relay the info to your care provider.

HAVE A DECISION TO MAKE? REMEMBER BRAIN!

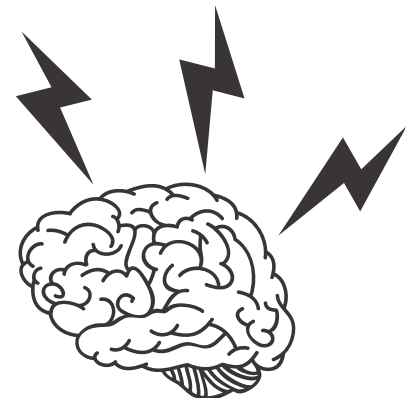
B **Benefits** - What are the benefits?

R **Risks** - Are there any risks involved?

A **Alternatives** - Are there any alternatives?

I **Intuition** - What's your intuition telling you?

N **Nothing** - Can you do nothing, or wait to make a decision?



Remember that you are in control and can make decisions for your care.