

## 4 W Guide

Use these 4 W's to help guide your decisions for pregnancy, labor, and parenting

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➤ Why

➤ Why not

➤ What else

➤ Wait

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1. Ask why this is an good option and make sure you understand completely.
2. Ask your care provider why this is not a good option. List your reasons why not to give your consent.
3. Find out what else you can try. Before you decide you should learn about all other possible options.
4. Can you wait? All decisions don't have to be made right away. Sometimes patience and time bring a better result.