

# Let's Talk Shared Decision-Making



Shared decision-making is an ongoing conversation between you and your maternity healthcare providers to ensure your care meets your needs, preferences, values, beliefs, and taking into account your health and your baby's health. It acknowledges the two experts in the room, which includes **you**.

**Shared decision-making is a partnership between you and your maternity healthcare providers.**

It's never too early to start asking your maternity healthcare provider questions. Asking questions can help you to get the information you need to decide what is the right care for you and your baby:

- What are the options available to me?
- What are the benefits?
- What are the risks?
- Can you give me some written information so I can review this at home?

**Talk with your maternity healthcare professional about having a safe and healthy pregnancy.**



**FIND OUT MORE: [saferbaby.org.au](https://saferbaby.org.au) or speak to your maternity healthcare professional.**