



CenteringPregnancy®

CenteringPregnancy brings eight to 10 women who are due at the same time together for 90-minute to two-hour sessions. Groups meet every four weeks through the 28th week of pregnancy, then every two weeks through delivery. It concludes with a meeting after the babies are born.

During meetings, moms participate in their care by taking and recording their weight and blood pressure measurements. During this time, each woman has private time with a certified nurse midwife or women's health nurse practitioner for a belly check and questions.

Group education topics are chosen by patients and providers. They include:

- Alternative methods for managing pain
- Birth control for planning future pregnancies
- Breastfeeding
- Depression
- Discomforts
- Exercise
- Labor and delivery
- Newborn care
- Normal fetal growth
- Nutrition
- Postpartum expectations
- Stress

At 20 weeks, an ultrasound is performed to check fetal growth and anatomy. A gestational diabetes test is scheduled at 28 weeks. Other tests may be ordered throughout pregnancy.

CenteringPregnancy is a program of the Centering Healthcare Institute. There are more than 340 **CenteringPregnancy** programs in the U.S.

Receiving health care in a group setting leads to greater engagement, learning and self-confidence. Studies show group prenatal care leads to better birth outcomes. Women participating in

CenteringPregnancy groups:

- Are better-prepared for labor and delivery, and caring for their infants
- Are less-likely to have gestational diabetes, postpartum depression and preterm births
- Are more likely to attend prenatal care appointments and breastfeed
- Form lasting friendships with other participants
- Have fewer after-hours calls and emergency visits because they better-understand what is normal during pregnancy and what is cause for concern
- Have better pregnancy spacing
- Receive support from women who are going through the same thing
- Spend more time with their providers

