



### CenteringPregnancy® Goals

**Educate** mothers about their bodies, their baby and parenting.

**Build Support** with other expectant mothers through sharing and group experiences.

**Get Involved** in your own care - centering allows you to take an active role in your own healthcare.

### CenteringPregnancy® Benefits

- Decisions in pregnancy.
- Common pregnancy and delivery concerns including discomforts, relaxation methods and comfort during labor.
- Healthy nutrition for you and your baby, including feeding options for your newborn.
- Family planning and contraception.



## CenteringPregnancy® Group Prenatal Care



**University of Cincinnati Medical Center**

**CenteringPregnancy® Program**

3130 Highland Avenue  
Cincinnati, Ohio 45219  
(513) 584-LADY (5239)

[UCHealth.com/womens-health](http://UCHealth.com/womens-health)

© 9/14





## What is CenteringPregnancy®?

CenteringPregnancy®, also called Centering, takes prenatal care out of the exam room and into an open environment where women come together for their prenatal care. After completing conventional medical history and physical exams with their doctor, women are invited to join a group of eight to 12 expecting mothers who have similar due dates.

In this group setting, women have the opportunity to learn more about healthy pregnancy and birth, while helping and supporting each other. Studies show that Centering helps to reduce preterm births and infant mortality rates.

## Group Environment

Centering offers the exact same clinical prenatal care you would receive on your own. The difference is you will be placed with a group of women whose due dates are close to yours. This cohort meets for 10 sessions that includes group time as well as private time with your healthcare provider. The group time allows you to discuss, share, and build support and friendships with fellow group members. Healthy refreshments will also be provided.

## Women Supporting Women

Group time allows you to discuss issues and share experiences with other expecting mothers. Each session offers new topics that are tailored to individual pregnancy needs. Participants have the opportunity to discuss concerns and share experiences with other moms who are going through similar things. Group sharing promotes learning and bonding between women and can lead to lifelong friendships.

## Learn to Care for Yourself and Your Baby

Centering allows you to take an active role in your own care. You will learn to take your own blood pressure, weight and help track your information.

Taking an active role helps increase empowerment and independence so you can make healthy choices for you and your baby.

## Make the Most of Your Time

**Pre-scheduled appointments.** At your first prenatal visit, you will receive a schedule of all the classes offered. This will help you in planning and coordinating your obligations.

**No waiting rooms.** Centering means decreased appointment wait times. When you attend group, your time will not be spent waiting.

**No additional childbirth education classes.** Centering covers all the topics in childbirth education classes, so you gain the benefit of both.

CenteringPregnancy® is a multifaceted model of group care that empowers women to learn and share in an atmosphere of support. The CenteringPregnancy® model helps lower preterm birth risks and increase average birth weights. Participants site increased self-care, self-esteem and a valuable support system as benefits of the model. Individuals also receive childbirth education class materials and a support system throughout their prenatal care.

*"I really like that you get to experience your pregnancy with others. You never forget what you learn here."*

– UC Health CenteringPregnancy® Participant