Welcome to CENTERING Pregnancy®

This is your time!

Check out CENTERING Pregnancy® and CENTERING Parenting® at centeringhealthcare.org

You will:
- have more time with your provider
- participate more in your healthcare
- learn more about pregnancy
- be better prepared for birth and caring for your baby
- have fun!

Dayton, Ohio
www.fiverrivershealthcenters.org

A better way to get prenatal care
How does it work? You do some of your own care (weight, blood pressure) and have private time with your provider. There will be group discussion and activities. Snack are provided and there’s time for socializing.

Who is in the group? As the months go by, you will get to know other mothers due the same time. Often partners and support people join the groups as well. It’s a bond of friendship that can last a lifetime.

How much time does it take? Centering respects your time. Groups start and end on time. Each group visit lasts about 2 hours with your healthcare provider guiding the session. Scheduling in advance makes planning for work and childcare easier.

It’s better care!

Look at the results:

◆ 96% of women prefer receiving their prenatal care in a Centering group
◆ Women in Centering are 33% less likely to have a preterm baby
◆ Centering moms have higher breastfeeding rates; healthier for mom and baby
◆ It’s fun!

To enroll or learn more, talk to a member of your healthcare team.

Ask us about Centering Parenting®, group care for moms and babies for the first year.

CENTERING Pregnancy® is prenatal care that combines your regular prenatal check-up with time for learning and sharing.

Groups start after your first trimester. You’ll meet with your healthcare provider and other women who are due near the same time for 10 sessions throughout your pregnancy. Each session includes interactive learning that will let you experience your pregnancy in a new and rewarding way.

After everyone delivers, there is a reunion for moms and newborns. Then you can go right into Centering Parenting® which is group routine pediatric care for the first year.

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