



Centering Pregnancy®



Congratulations on your pregnancy!

We would like to invite you to participate in our special prenatal care called Centering Pregnancy®. We are excited about this model of healthcare! It combines the three important parts of prenatal care--assessment, education, and support--into one. This means that you won't have to come to separate individual visits unless you have a medical problem.

The program consists of group sessions of 8 to 12 people, who are due to deliver about the same time as you. The sessions will be in place of traditional appointments but will contain all the normal prenatal monitoring, in addition to much more. The 10 sessions are about two hours in length and provide time for an individual physical assessment, discussion about pregnancy, birth and new babies, and time to share with other participants. After everyone has delivered, we celebrate with a Reunion!

The appointment starts with self-care activities as soon as you arrive, there is no time spent in the waiting room. All your time spent here will be productive!

We hope that as a part of this group you will get to know other pregnant people well and will be able to share some of your experiences. For those of you without friends and family in the area, the sessions will help you develop a support system, and many friendships develop and continue for a long time. Your significant other or support person is welcome to attend with you. We do ask that you not bring other children so that you may get the most benefit from the sessions and confidentiality is maintained. Please join us!

If you are not already enrolled in MHS Genesis SMS, please go to www.dmdc.osd.mil/milconnect or contact the Global Support Center at 800-600-9332 to create a DS Logon. NEXT, go to patient.mhsgenesis.health.mil to access the messaging system.

What is Centering?

- Innovative, evidenced based practice, family-centered healthcare model of prenatal care
- NOT CLASSES—your prenatal care with facilitative learning
 - We use activities, games, guest subject matter experts
 - *Nutrition, Physical Therapists, Anesthesia, Pediatrics, Dentist, Doula/L&D RNs, ect
- Includes assessment, education, and support

Centering participants receive their care in group a setting

- 8-12 pregnant people due within 2 weeks each other
- Starts at approximately 16 weeks
- 2 hour appointments instead of 20min = 10x the time with provider
- SAME provider and nurse throughout pregnancy
- SAME number of appts PLUS 34 week PLUS reunion after babies born
- If you have your baby before last session, please come to remaining sessions



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Want you to get information PLUS check on YOU

- Still have Ultrasound appointments as needed
- NO waiting in waiting area or exam room
- NO wasted time—all productive
- Receive all appointments before 1st session for easy planning
- BRING partner or support person 😊
- No children→too distracting and confidentiality is maintained
Childcare options available: Children's Waiting Area=FREE
- FUN, SUPPORTIVE

Benefits

- Decreases preterm deliveries (PTD) by 35-50%
- IF you have a PTD, babies weigh generally 1# more than if not in centering
- Babies are more appropriately sized (weight) when born
if diabetic, less likely to be large for gestational age
- Increased breastfeeding success
- Empowers people to take charge of their healthcare
- FLATTENS RACIAL DISPARITIES!!!!!!
- Healthier outcomes for YOU and BABY and FAMILY

How to join

- Request your prenatal care at the Women's Health Center at CRDAMC
- Complete Interest Form OR complete over the phone with Molly Hunter
- Submit to Molly Hunter
 - +drop off at WHC to any staff member
 - +Take picture and send via MHS Genesis Secure Messaging
 - +Form will be reviewed to ensure you meet eligibility (MOST DO)
 - +You will be notified by phone call/email that we received your form
 - +You will be contacted if/when we place you in a group.
 - +If you are not eligible, you will be notified.
 - +Please feel free to contact me for questions.

We look forward to hearing from you!

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