



For more information, ask your
clinician or health center staff.

Top 10 reasons to choose Centering prenatal care:

1. An opportunity to speak with other pregnant people about pregnancy, birth, and parenting.
2. Relaxed time with your Centering clinician.
3. Time for lots of discussion!
4. An opportunity to take active role in your prenatal care.
5. Knowing the date and time of all prenatal visits ahead of time.
6. Having fun at your prenatal visits!
7. No waiting.
8. Food to snack on at group.
9. A community of friends.
10. One-stop-shopping for your prenatal care.



Planned Parenthood Hudson Peconic

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Centering Pregnancy®

Prenatal Care in a Supportive Community



What is CenteringPregnancy?

Centering is a unique style of prenatal care in a group setting. Its aim is to build a community that empowers pregnant people to be actively involved in their own care and equips them to make healthy choices throughout their pregnancy and beyond.

Expectant patients meet for 10 sessions with a Centering clinician (doctor, midwife, nurse practitioner, or physician's assistant) and group of up to 10 other pregnant people that are due around the same time.

At each prenatal visit pregnant patients have one-on-one time with their Centering clinician to have their baby checked and to discuss any private concerns. This one-on-one time will replace your regular prenatal appointment. The remaining time is used to talk about pregnancy issues that are relevant to the group, such as exercise, nutrition, reducing stress, signs of labor, breastfeeding, new baby care, and after delivery issues.

Will I still get the ultrasounds and lab tests that I expect in prenatal care?

Yes, you will still get the same prenatal care in Centering that you would get one-on-one with your clinician. The labs, prescriptions, and ultrasounds will be ordered for you as appropriate by your Centering clinician.

Can my partner or other support person come to my Centering groups with me?

We encourage your support person to be a part of your prenatal care. However, the decision to include support persons in the group will be made by the group to respect everyone's privacy and comfort levels. After the first group, the decision will be made if a support person can join the sessions.

Why do we recommend Centering?

Centering group visits offer unhurried time with your clinician. Centering clinicians and patients spend about 20 hours together in group visits. This is about ten times more time than with traditional individual visits. It is fun and satisfying for the patients and Centering clinicians to get to know each other better.

Because you know the dates and times for all your visits at the beginning of your pregnancy it is easier to plan around work and arrange childcare. In general, each of your Centering visits will occur at the same time and on the same day of the week. Group sessions occur every month in the beginning of your

pregnancy and then twice per month closer to your due date. Each 90-minute session starts and ends at the scheduled time.

Most pregnant patients who have participated in this type of care tell us how supportive and reassuring it is to connect with other pregnant patients going through the same experiences of pregnancy. You have the chance to get to know other parents and perhaps develop a set of lifelong friends. Many times, another pregnant patient asks just the question that you were wondering about. You are not alone.

We recommend Centering groups because it helps you stay healthier in pregnancy and beyond. For example, studies show that patients in Centering groups are less likely to give birth prematurely.

Who can participate in Centering?

Most pregnant patients can enjoy and benefit from group prenatal care, even if you have new or ongoing medical issues. Some issues can be managed by your Centering provider alone, but some may require extra visits to specialists.

Ninety minutes seems like a long time for a prenatal visit. What happens during this time?

The Centering session begins with the usual elements of prenatal care: a one-on-one wellness assessment by the Centering clinician. You will learn to check your blood pressure and weight yourself. Before the group sits down together, participants may request to discuss a certain topic, enjoy snacks, and talk with the other members. During the rest of the session, the group shares experiences, talks about topics of interest during pregnancy and develops skills such as breathing, relaxation, holding and comforting baby. Groups are lively, interactive, focused on issues important to you and are FUN!

What is the cost of Centering?

There is no extra charge to you for CenteringPregnancy. Your cost share is the same as if you had traditional care and is determined by your insurance benefits.

This is a group. How is my privacy protected?

We are committed to protecting your privacy and we take that responsibility seriously. All participants, including support people, are required to sign a confidentiality agreement at the first group visit. We stress that a person's specific concerns may not be discussed outside the group setting. No one is ever pressured to disclose private concerns and your

provider will not share any of your private information with the group.

Your wellness check with your Centering provider will take place in a comfortable space in the Centering room. If a private examination is needed, your Centering provider will take you to a private examination room.

May I bring my children to my groups?

Because we want to focus on you and the other group members, we ask that children not accompany their parents to the group. Hopefully, knowing the date and time of all your prenatal visits in advance will help you make childcare arrangements.

When and where do groups meet?

Groups are offered at the Planned Parenthood Hudson Peconic's New Rochelle health center at 150 Lockwood Avenue, New Rochelle, NY. Upon choosing Centering, you will receive all 10 appointment dates and time in advance.

How do I sign up?

During your prenatal visit, you will be given the option of choosing between CenteringPregnancy prenatal care or traditional prenatal care. You can enroll in Centering at that time.

