

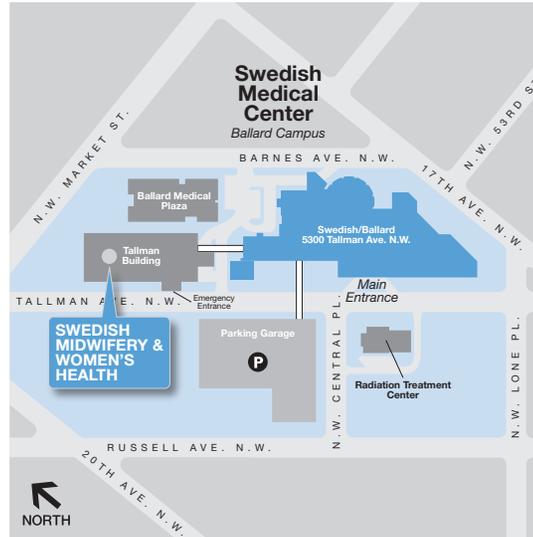
Contact Us

CenteringPregnancy is open to all women with low-risk pregnancies. For more information or to schedule an appointment, call Swedish Midwifery & Women's Health at 206-781-6080.



"Each mother is going through the same exciting events, and as a member of a group, she can relate to and even stay in touch with group members once their children are born. It's a wonderful process."

*– Fra Na Ready, Certified Nurse-Midwife
Swedish Midwifery & Women's Health*



Swedish Midwifery & Women's Health

Office Hours

Monday through Thursday, 8 am.-6 p.m.
Friday, 8 a.m.-4 p.m.

Make an Appointment

T 206-781-6080

Location

Tallman Building
5350 Tallman Ave. N.W., Suite 420
Seattle, WA 98107

For More Information

www.swedish.org/midwifery



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SWEDISH MIDWIFERY & WOMEN'S HEALTH

Centering Pregnancy®

A New Approach to Prenatal Care



About the Program

Swedish Midwifery & Women's Health offers expecting mothers an innovative option for prenatal care called CenteringPregnancy®. The program, the first of its kind in the Seattle area, provides a group approach to prenatal care, combining three essential elements of care every pregnant woman needs: health assessment, education and support.

CenteringPregnancy replaces the 20-minute prenatal exams traditionally experienced by women throughout pregnancy. Instead, the program offers a two-hour session that includes the standard prenatal assessment in addition to in-depth discussion of topics related to pregnancy and self-care.

The goal is to help expecting mothers make informed choices and take responsibility for their baby's and their own health care. The longer sessions provide the opportunity to explore questions and topics in greater depth, to form relationships with other women at the same stage of pregnancy, and to have more time with the midwives. Participants feel more confident about pregnancy, birth and parenting.

"The other couples in the group were really supportive and it was very exciting sharing our pregnancy experiences together."

– Jilleen Jarrett

"Sharing the highs and lows of our pregnancies has made our Centering group like family. There is no way I would have made it through the first few months of motherhood without them."

– Rhonda Bethurum

About the Sessions

Centering sessions start after the initial prenatal visit and are composed of eight to 10 women who have similar due dates. Their partners are also welcome to attend the sessions. Groups meet every four weeks initially, then increase to every two weeks as the pregnancy progresses. After everyone has given birth, there is a fun gathering to share their stories.

At the beginning of each session, each woman measures and records her own weight and blood pressure in her chart. She then meets individually with the midwife to measure her baby's growth and listen to the baby's heartbeat. The group then engages in discussion and educational activities facilitated by a certified nurse-midwife.

Discussion topics may include:

- Nutrition and exercise
- Stress management/relaxation
- Childbirth preparation
- Pregnancy problems
- Infant care
- Breastfeeding
- Postpartum issues
- Communication and self-esteem
- Comfort measures for pregnancy and labor
- Sexuality
- Parenting



Benefits of Group Care

The CenteringPregnancy program is a proven model of effective care. Studies show that group prenatal care reduces premature births, increases breastfeeding and enhances psychosocial outcomes. This can be attributed to the combination of education, support and knowledge that participants gain in a group atmosphere.

Centering group participants experience greater satisfaction with care and build a community of support enjoyed long after the births of their babies. The convenience of knowing the date and time of prenatal appointments well in advance also helps plan around busy schedules.

"The month that the babies arrived was so exciting and bittersweet as it was an endpoint to our meetings but also a beginning to some of the best friendships I've ever known."

– Diane McFarlane