



“Centering is prenatal care, a child birth class, and a support group all in one.”

– Carol Brees, MD

UofL Physicians - OB/GYN & Women’s Health

# CenteringPregnancy: Prenatal Care in a group setting

Prenatal Care. Child Birth Class. Support Group. All in one.

CenteringPregnancy is a pregnancy program offered through UofL Physicians – OB/GYN & Women’s Health which takes prenatal care to a group setting. Women due around the same time get to know each other and learn about pregnancy together. Moms record their own health data, then have a private belly check with the provider. The group learns from the provider (who facilitates the discussion) and from one another.

This model of care ensures moms are engaged in their care and all important health topics are covered. It allows the women to form friendships and discuss what’s important to them.

## Women who participate:

- Are more satisfied with their care
- Feel more prepared for birth and parenting
- Have higher rates of breastfeeding

## Benefits include:

- More time with your provider
- No waiting for appointment to start
- Know schedule of visits in advance
- Better health outcomes
- Self-care
- Self-confidence
- Support and friendship
- Learning and fun

