at UW Health
About Us

• Our CenteringPregnancy program began in 2014.
• Over 180 moms have participated.
• New groups are always forming.
• Several locations and schedules to choose from.
“We watched each other grow; everybody loved it. ‘Oh, you’re a lot bigger this week!’”

“It was a group, but seemed more personalized.”

“More time was spent on specific issues that I’m not sure would have been brought up or discussed with a provider in a 10-minute appointment.”

CenteringPregnancy patients
Why Centering?

• More one-to-one time with your provider.
• More in-depth guidance for having a healthy pregnancy and newborn.
• More support.
Centering Works!

Reducing premature birth.
Only 7% of Centering babies were born prematurely compared to 8.5% of babies overall.

85% of women successfully breastfed their babies.
Topics Discussed

Pregnancy
- Body changes
- Discomforts you might experience
- Domestic violence and abuse
- Healthy gums and teeth
- Healthy lifestyle choices
- Mental relaxation
- Nutrition
- Planning for pediatric care
- Prenatal testing
- Sexuality
- Taking care of your back
- Your baby’s brain development

Preparing For Delivery
- Birthing centers
- Breathing
- Labor/early labor
- Medications during labor and birth
- Preterm labor
- The birthing experience

Infant Care & Beyond
- Breastfeeding
- Caring for your newborn
- Caring for yourself
- Circumcision
- Emotional adjustments
- Family planning and postpartum contraception
- Infant massage
- Newborn growth and development
- Newborn safety
- Postpartum depression
- Putting it all together
- The type of family you want to have
- Transitioning from pregnancy to parenting
- Your baby's first few days
- Your baby’s siblings
Join the growing list of CenteringPregnancy graduates!

uwhealth.org/centering