

## Centering Pregnancy Transcript – North Valley

What is Centering Pregnancy?

Centering Pregnancy is a nationally recognized method of prenatal care now available to expecting moms at Kaiser Permanente.

Join other moms-to-be for group appointments that give you both one-on-one private time with a health care provider, as well as group education and support.

You can bond with women who share a similar due date,

AND get the information and tools you need to make healthy choices for you, your baby, and your whole family.

It's like a prenatal play date where you can bond over your bump!

"It's a good way to know how other pregnant women feel and share one's experience too."

"It's quite helpful to be in a social group that's friendly and welcoming with other members who are due about the same time."

Group appointments begin about 12 to 16 weeks into your pregnancy.

You'll meet monthly at first, then every 2 weeks as your due date approaches.

After your baby's arrival, there's even a postpartum appointment and "baby reunion" to bring moms together again after everyone's given birth.

So, what happens during a typical visit?

At the start of every session, you'll have a brief, private health assessment while the other women enjoy conversation and complimentary refreshments.

The rest of the time is devoted to learning and sharing as a group.

You'll cover different educational topics related to pregnancy, childbirth, and parenting. You can ask questions and share your personal experiences.

Kaiser Permanente doctors, certified nurse-midwives, and nurse practitioners facilitate the sessions, which run 1 and a half to 2 hours, with 8 to 12 women per group.

All appointments are prescheduled at the start of the program — giving you time to plan ahead for childcare, work, and other obligations.

Your partners, family members, or close friends are welcome.

You'll receive private physical exams, lab tests, and ultrasounds. You'll also get a chance to actively participate in your care by learning self-care techniques, like monitoring your blood pressure.

You'll also receive a special keepsake notebook to track your progress and your baby's growth.

"It really helps talking to others about everything and anything."

"It's a wonderful chance to meet other couples in the same situation. Other people raise questions you hadn't thought to ask. Also, it's pretty fun!"

And women who who've participated in the program are glad they did:

"I recommend Centering Pregnancy because I learned so much and felt the level of care

during my second pregnancy was informative and personal. I love this format.”

“I prefer this type of care because there is group support, professional instruction and monthly attention for us and our baby.”

“Because you share experiences and it involves partners, I felt closer to my husband and I think he felt an active role in our baby's development.”

Centering Pregnancy – transforming prenatal care.

Offered at Kaiser Permanente Sacramento.

For more information, please call our Centering Pregnancy coordinator at 916-614-5451.  
TTY for the deaf, hard of hearing, or speech impaired, please call 888-877-5379.

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