

Centering Pregnancy

WRNMMC is pleased to offer patients enrollment in our Centering Pregnancy Program. Patients have the option of participating in a special prenatal program which is an alternative to receiving care in the clinic setting. This program is designed specifically for women who are interested in learning as much as possible during their pregnancy, and who would enjoy meeting other pregnant women and sharing the experience of pregnancy with them.

Women interested in Centering are placed in a group with 10-12 other pregnant women who are due to deliver about the same time. There are 10 sessions of two hours each that are scheduled throughout your pregnancy. Each of these sessions will provide time for individual physical assessment (your weight, blood pressure, baby's growth, etc.), discussion about pregnancy, birth, and new babies, and time to share with the other women. The sessions will be led by a Physician, Certified Nurse Midwife, or Nurse Practitioner. After your baby is born, there will be a postpartum 'reunion', which is a unique opportunity to share your birth story and your baby with the others in the group.

Many women who participate in this type of prenatal care develop strong and long lasting friendships with the women in their group. Your baby's father or other support people are welcome to attend with you. Please do not bring your other children with you as you will not be able to care for them during your visit. There is drop-in care available at the Child Development Center which is open during the hours of the group sessions and may be available for childcare if needed.

We are excited about this program. It combines the three important parts of prenatal care: assessment, education, and support, into one whole. This means that you won't have to come for separate, individual visits unless you have a medical problem that needs close watching. All of your time spent here should be productive and fun!

If you have any questions, please ask. After your initial OB visit, let your provider know if you want to join a group with other women who are due about when you are. You will be given a schedule of all of the sessions for the group you join. The Centering groups are held in the GYN Clinic at Walter Reed National Military Medical Center.