



# Perinatal e-News

LA BEST BABIES NETWORK



Healthy Babies. Our Future.  
Presented by First 5 LA



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[www.LABestBabies.org](http://www.LABestBabies.org)

## Issue #23

### LA Best Babies Network and Eisner Pediatric & Family Medical Center Partner to Expand CenteringPregnancy® in Southern California

LA Best Babies Network will partner with **Eisner Pediatric & Family Medical Center**, to create a Southern California CenteringPregnancy® Consortium and to provide training for five clinics on the CenteringPregnancy® model of group prenatal care. Funding for the CenteringPregnancy® Consortium and training was provided by a \$49,000 grant from the **March of Dimes**.

CenteringPregnancy® is designed to maintain the essential components of quality prenatal care by providing assessments, education and medical and psychosocial interventions, while empowering mothers-to-be to manage their own health care and learn from each other. CenteringPregnancy® creates an atmosphere and opportunities for peer group support to reduce the sense of isolation that participants may face in the medical setting and in their personal lives. As a result, the CenteringPregnancy® model is a proven standard for improving pregnancy outcomes and reducing preterm births<sup>1</sup>.

In the CenteringPregnancy® model, women join groups of 8 to 12 expectant mothers with similar due dates (partners are also welcome) for their prenatal visits. Within this nurturing environment, women actively engage in their pregnancy by learning self-care activities such as checking their own blood pressure and weight, as well as monitoring fetal growth and heartbeat with either their physician or a certified nurse midwife. Health topics are covered in group sessions with the provider and individually as needed; topics include: nutrition, exercise, childbirth, breastfeeding and parenting among others.

"The CenteringPregnancy® model offers much more than the traditional model in which expectant women have individual visits with their provider during the prenatal period," says Janice French, CNM, MS, director of programs for LA Best Babies Network. "CenteringPregnancy® participants report that they often learn more about their own health, and their baby's health by questions that others ask. The group discussions also provide important emotional support for women sharing the

experience of pregnancy."

To learn more about the development of the Southern California CenteringPregnancy® Consortium or to learn how your clinic can apply for CenteringPregnancy® training, please contact Sandra Trinidad, MPH, RD, care quality program coordinator for LA Best Babies Network at (213) 250-7273, ext. 111 or [STrinidad@LABestBabies.org](mailto:STrinidad@LABestBabies.org).

#### Reference

1. Novick, Gina. *CenteringPregnancy® and the Current State of Prenatal Care*. Journal of Midwifery & Women's Health, 2004:49:405-411.

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