

Welcome to Centering!

Would you like to...

see the same
providers
your entire
pregnancy?

take part in your
own healthcare?

know your
appointment
times/days for the
entire pregnancy
ahead of time?

reduce your
risk of preterm
delivery and low
birth weight?

end long wait
times?

increase
breastfeeding
success?

gain knowledge about:
pregnancy, labor,
delivery, and
postpartum &
newborn care?

reduce your
chances of a
cesarean section?

have snacks
during your
visits?

YES!

*If you answered yes to any or all of these questions, ask your provider about
Centering Pregnancy at your new ob visit.*