Centering® Healthcare Institute **GROUP WELL-CHILD VISITS** 

# Improving the Earliest Years



CenteringParenting® is a transformative model of pediatric primary care that empowers parents and generates better outcomes for children and families.

By delivering billable well-child visits in a group format over the first two years of life, CenteringParenting creates the space parents need to become more informed, engaged and confident contributors to their children's health. It's care that makes a difference.



### Healthy Babies

Participating children show improvement on important health indicators, including immunizations, while strengthening crucial early relationships that drive better life outcomes.



# **Empowered** Families

Parents discover a supportive community in which to build foundational parenting skills, share learning with peers, and actively engage in their child's development.



## Impactful Providers

The pediatric care team forms deeper, more holistic connections with families in a format that is more rewarding and makes a noticeable difference in children's lives.

# A MODEL THAT WORKS

The evidence is growing: Multiple researchers report a boost in visit attendance and on-time immunization. Internal data show a positive impact on additional health outcomes and parental behaviors as well.

- 1 Immunizations
- Visit attendance
- Breastfeeding
- Safe sleep practices
- Developmental screenings
- Costs



#### **FEDERALLY QUALIFIED**

health centers, hospitals, and independent providers across the country use CenteringParenting as their primary form of well-child care.



#### INDUSTRY RECOGNIZED

as an innovative pediatric intervention and a successful strategy for improving child and maternal health. (Center for the Study of Social Policy; Prenatal-to-3 Policy Impact Center)

Centering® Healthcare Institute

# **BUILDING RELATIONSHIPS**

# An Evidence-Based Evolution in Pediatric Care



The science is clear. Early life experiences play a major role in brain development and set the stage for long-term health, social-emotional development and well being.

Strong parent-child relationships are particularly important, supporting early development and mitigating toxic stress and adverse experiences.

A recognized model with a focus on early relationships, CenteringParenting provides the structure caregivers need to build essential connections with their children.



During group sessions, families have time to try out new parenting skills, receive feedback and initiate discussions about sleep, nutrition, and more. They also have the opportunity to form trusting relationships with providers, who can go beyond routine check-ups to address an array of social needs.

"There is magic in the group. I get to know my patients in a completely different way and can do so much more for them. As a provider, it is very powerful to see parents gain confidence."

DR. MICHELLE GALLAS, EAST AUSTIN COMMUNITYCARE CLINIC

We're Ready to Help Visit our website or give us a call to get started.

www.centeringhealthcare.org 857-284-7570

## **HOW IT WORKS**

CenteringParenting replaces one-on-one visits with group sessions that create more time for families to learn and connect—without increasing demands on providers.

6-8

families meet together

90 to 120

minute sessions

## 9 visits

from birth to 24 months

# In-person + virtual

formats available

## **Group sessions**

include routine screenings, individual health assessment, facilitated group discussion and unique opportunities for observation

These billable visits meet the American Academy of Pediatrics Bright Futures™ guidelines.