

FOR MORE
INFORMATION CALL:

407.858.1400 Ext. 2191
Family Planning and Prenatal Health
Lila Mitchell Center
5151 Raleigh St, Suite B
Orlando, FL 32811



Bellies,
babies
and beyond

WORKING WITH WOMEN AND THEIR
FAMILIES **BEFORE, DURING** AND
AFTER PREGNANCY



Our Bellies, Babies, and Beyond Program works with women and their families before, during and after pregnancy, engaging pregnant women, and continuing to serve the family through the baby's second birthday. The program provides health care for women and babies using the **Centering**[®] group healthcare models.

CenteringPregnancy[®]

CenteringPregnancy is group prenatal care bringing women who are due at the same time out of exam rooms and into a comfortable group setting.

CenteringPregnancy prenatal care leads to healthier babies.

CenteringParenting[®]

CenteringParenting is a full-scope care for mothers and babies.



Why Choose Centering?

Better Health Outcomes

Numerous published studies show that Centering moms have healthier babies and that Centering nearly eliminates racial disparities in preterm birth.

Self-Care

Moms are actively engaged in their own healthcare and own their health information.

Self-Confidence

Centering moms are better prepared for labor, delivery, and to care for their infant.

More time with your provider

Moms in Centering spend 10x more time with their provider than women in traditional care.

Support & Friendship

Centering moms create lasting friendships and are wonderful resources to one another during a very exciting but also stressful time in their lives.

Learning & Fun

The most common word used to describe Centering is fun! Centering is based on the proven principle that when people are actively engaged and involved in a discussion with their peers, rather than being lectured or given a pamphlet, they will have greater understanding and are more likely to change their behavior.

The Bellies, Babies, and Beyond Program also includes a fatherhood component which works with dads to become better fathers. We also provide parenting support and educational tools to strengthen family resilience which will create the foundation for optimal infant and young child health and development.

The services include but are not limited to:

- Health care for women and babies, which includes immunizations
- Care coordination, home visiting and linkage to community resources
- Linkage to health insurance
- Nutritional counseling and breastfeeding support
- Perinatal depression screening and linkage to behavioral health services
- Interconception education and reproductive life planning
- Child development education and parenting support
- Workshops for fathers

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