

CenteringParenting/ Well-Baby Group Care

Description

CenteringParenting is a model for group pediatric care where mothers, partners and other support people come together with similarly aged infants in a two-hour shared medical visit. Each visit consists of physical examination, immunizations and risk assessment for the baby. Because group visits are longer than individual visits, there is more time for education. Group care supports mothers with stress management and family planning, and encourages mothers to track their goals.

Because group care can continue until the infant is 2 years old, families can get to know each other and receive support from other families facing similar challenges. Groups cover topics such as attachment, safe sleep, breastfeeding, nutrition, early literacy, child development and safety issues.^{1,2} Groups typically include six to eight mothers with similarly aged infants. Pediatric offices can provide this service.

Evidence

- Parents who participated in CenteringParenting reported feeling more informed, confident and empowered to make healthier choices for themselves, their babies and their families.¹
- Group primary care offers more in-depth coverage of topics, as well as opportunities for parents to practice and integrate health behaviors. Group primary care may improve health outcomes (particularly in at-risk communities), while addressing social determinants of health. Group primary care builds support networks, fosters healthy relationships and promotes responsive parenting.³
- Additional time during visits allows providers to screen for developmental milestones and mental health concerns, which can lead to earlier intervention and referrals.¹
- Families have better attendance for their well-child visits, which leads to higher immunization rates, extended breastfeeding and more maternal mental health screening.¹
- Group primary care may lower rates of overweight or obesity in young children.³

Billing and Reimbursement

Group pediatric care visits are billable encounters incorporating all clinical components of routine well-child care (assessment, risk monitoring, immunizations and anticipatory guidance).

Implementation Resources

Implementation support can come from national and local resources.

National: The Centering Healthcare Institute offers training workshops, consultation and assistance with launching groups.

The Centering Healthcare Institute Headquarters
89 South St., #404
Boston, MA 02111
857-284-7570

Website: centeringhealthcare.org/what-we-do/centering-parenting

Local: The South Bronx Health Center and Center for Child Health and Resiliency provides well-baby group care, as well as guidance and technical support on implementation in the South Bronx community.

The Center for Child Health and Resiliency – Montefiore South Bronx
890 Prospect Ave.
Bronx, NY 10459
718-991-0605

Specific questions can be addressed to Dr. Hildred Machuca at hmachuca@montefiore.org.

1. Centering Healthcare Institute: CenteringParenting. (2017). Retrieved from <https://www.centeringhealthcare.org/what-we-do/centering-parenting>.

2. The South Bronx Health Center/Center for Child Health and Resiliency Team.

3. Machuca H, Arevalo S, Hackley B, Applebaum J, Mishkin A, Heo M, and Shapiro A. Well Baby Group Care: Evaluation of a Promising Intervention for Primary Obesity Prevention in Toddlers. *Childhood Obesity*. 2016; 12(3): 171-178.