

Research Reviews

Centering Pregnancy

Klima,C.S.(2003). Centering Pregnancy: A Model for Pregnant Adolescents. Journal of Midwifery & Women's Health,48(3):220-5.

Recent exploration of the experiences of pregnant and parenting adolescents has uncovered the need to address the unique developmental, social, and cultural aspects of adolescent pregnancy. Many adolescents live in communities with limited opportunities, poverty, violence and a lack of support. Programs that help young women discover their inner strength, create environments for empowerment, and build community may help adolescents to achieve goals and parent successfully. Centering Pregnancy is a model of group prenatal care that provides for the assessment, education, and support of pregnant women and may be particularly useful in adolescent populations. The model is described and the ways adolescents may benefit from Centering Pregnancy's unique design is discussed.