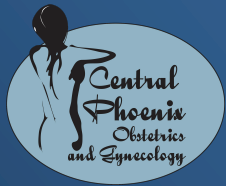


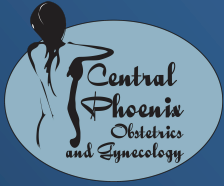


Central Phoenix Ob-Gyn  
welcomes you to

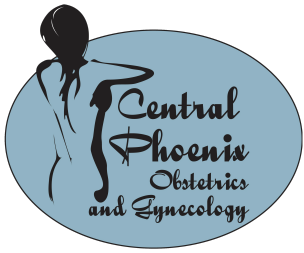
Supportive  
Pregnancy Care



Dr. Sharon Thompson



Lindsay McCall Long



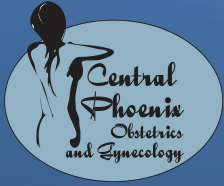
Please scan  
the QR code  
and complete  
the  
Supportive  
Pregnancy  
Care pretest



[SPC Pretest](#)



## Mindfulness Moment



# Today's Agenda

## November 17, 2021

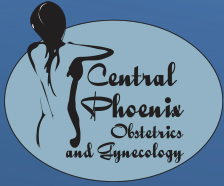
### Part I

- Check-in
- Welcome/Facilitator introductions
- Meditation
- Agenda Review
- Icebreaker
- Group Agreements and Confidentiality

**\*\*Break\*\***

### Part II

- Mindfulness exercise
- Body changes in pregnancy
- Wrap up
- Closing affirmations



# Introductions/Icebreaker

Your name



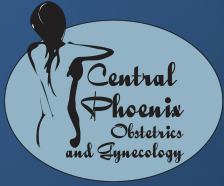
What is the tastiest food/meal you've ever had

Due date



How many babies have you had





# What is Supportive Pregnancy Care



- Group cohort
- More time
- Participant driven discussion
- Active role in health monitoring

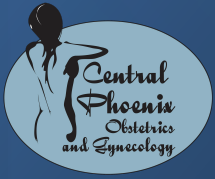




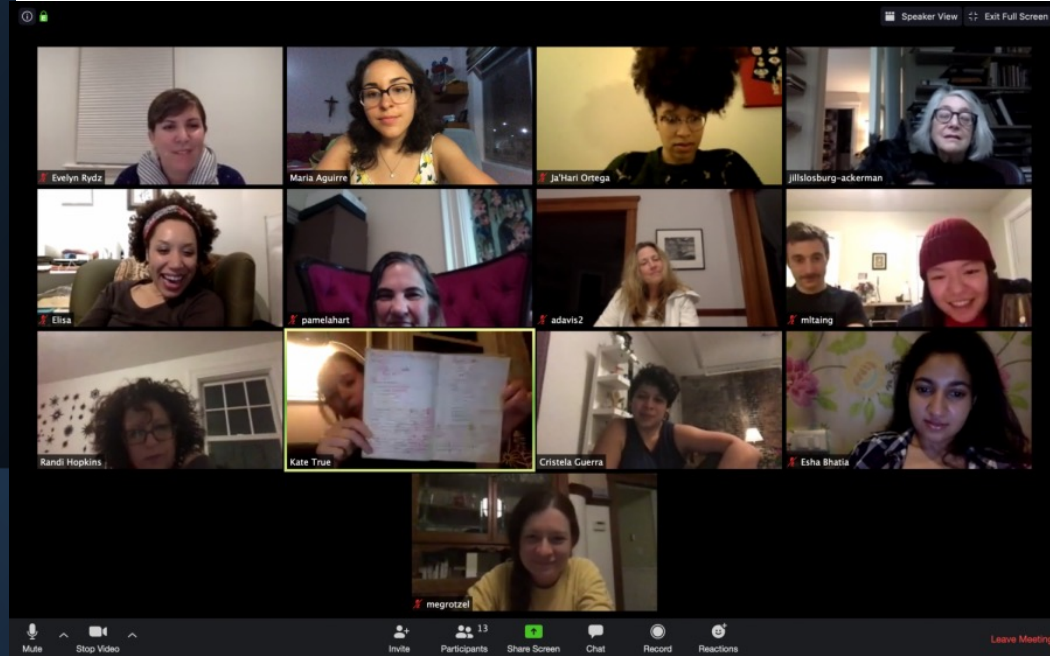
# Supportive Pregnancy Care Benefits

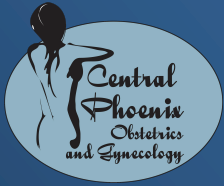
Group prenatal care has been associated with

- Decrease in preterm birth
- Decrease in neonatal intensive care unit (NICU) admissions
- Increase in birth weight for term and preterm infants
- Increased rates of breastfeeding initiation and continuation
- Fewer emergency department visits in the third trimester
- Improved pregnancy-related weight management
- Increase in women presenting in active labor and at greater cervical dilatation
- Improved knowledge of childbirth, family planning, postpartum depression, and early child rearing
- Lower rate of c/sections
- Fewer pregnancy and delivery complications
- More active engagement in pregnancy
- Better preparation for labor, delivery and infant care
- Networks of education and support
- Increased satisfied for women
- Increase in obstetrician and other obstetric care provider satisfaction



# More about Supportive Pregnancy Care Meetings





# SPC Visit Schedule

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	PP 1	PP 2
<b>Traditional* Prenatal Care</b>															6 weeks:	
<b>Prenatal Care with Telemedicine</b>															1 week:	
															6 weeks:	
<p> = In-person visit</p> <p> = Virtual visit via telemedicine</p>																



# Anatomy of a Supportive Pregnancy Care Session

Sign-in—One on ones

Mindfulness exercise

Opening/ Icebreaker

Discussion Topic I

Break

Discussion Topic II

Wrap-up

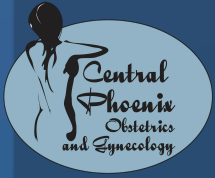
Closing Affirmations

~~

Parking lot Issues—*topics for future sessions*

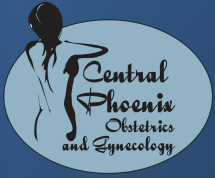
Individual needs- *concerns for one on one follow up*

Questions for next time



# Group Agreements





# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

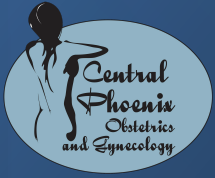
be curious and listen to  
understand



# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

show respect and suspend  
judgment

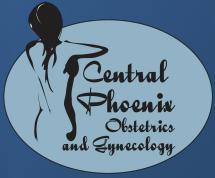


# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

note common ground as  
well as any differences  
during conversations

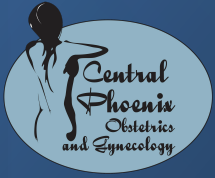




# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

be your authentic self and  
accept others for who they  
are



# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

do your part to contribute  
to and guide the  
conversation



# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

keep information shared  
in the group confidential



# Do you want others

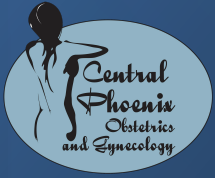
(partner, doula, children,  
support person etc.)

## present at group sessions?

All

None

Some



# Group Agreements

All group members agree to...

- show respect and suspend judgment
- be curious and listen to understand
- note common ground as well as any differences during conversations
- be your authentic self and accept others for who they are
- do your part to contribute to and guide the conversation
- keep information shared in the group confidential

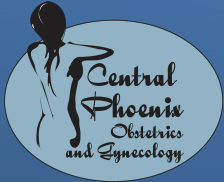


Complete the SPC pretest





## Mindfulness Moment

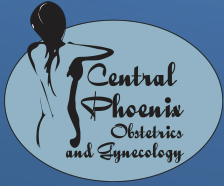


# How has your body changed this pregnancy?



Record your thoughts and feelings as you have this one-of-a-kind experience





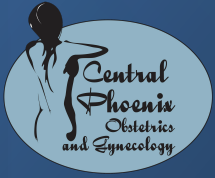
# Breakout Rooms

Talk within your small group about one or more of the following

Make a list of – words  
that describe your body  
now.

Why did you choose  
each word?

We will reconvene in about 10 minutes and share points from your  
discussion



## Body Changes in Pregnancy

What changes have you noticed  
in your body that you hope will  
remain after birth?



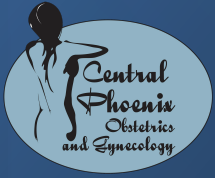
## Body Changes in Pregnancy

What changes have you noticed  
in your body that you hope will  
be gone when you deliver?



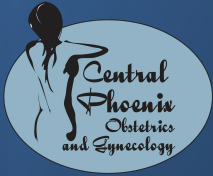
## Body Changes in Pregnancy

What changes have you noticed in your body that are weird/funny/suprising to you?



What are your hopes/thoughts about your pregnancy/birth/parenting

When I think about my own parent's 'parenting style', I feel...



## Wrap up

*One Key Take away  
from today*

**Next SPC 4 weeks**  
Third Wednesday  
Next: January 12th

### **Schedule Orientation visit**

- 2 weeks orientation
- learn taking BP
- how to check urine
- recording vital signs
- Sign group agreements
- pick up SPC packet



Please scan  
the QR code  
and complete  
the  
Supportive  
Pregnancy  
Care pretest

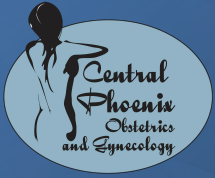


[SPC Pretest](#)



# Affirmations



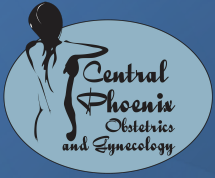


# What and why of Affirmations

Affirmations are positive statements that can help you to challenge and overcome negative thoughts

When you repeat them often, and believe in them, you can start to make positive changes

These positive repetitions can reprogram thinking patterns and over time change our thoughts and actions



# Creating Affirmations

Make your affirmations short so they're easier for you to remember

Start your affirmations with "I" or "My"

Write your affirmations in the present tense

Make affirmations positive statements

You can add emotion to your affirmations by inserting, "I am [emotion] about . . ."

You don't have to believe your affirmations for them to work



I am strong,  
healthy  
and  
happy





My body and  
mind are  
incredible

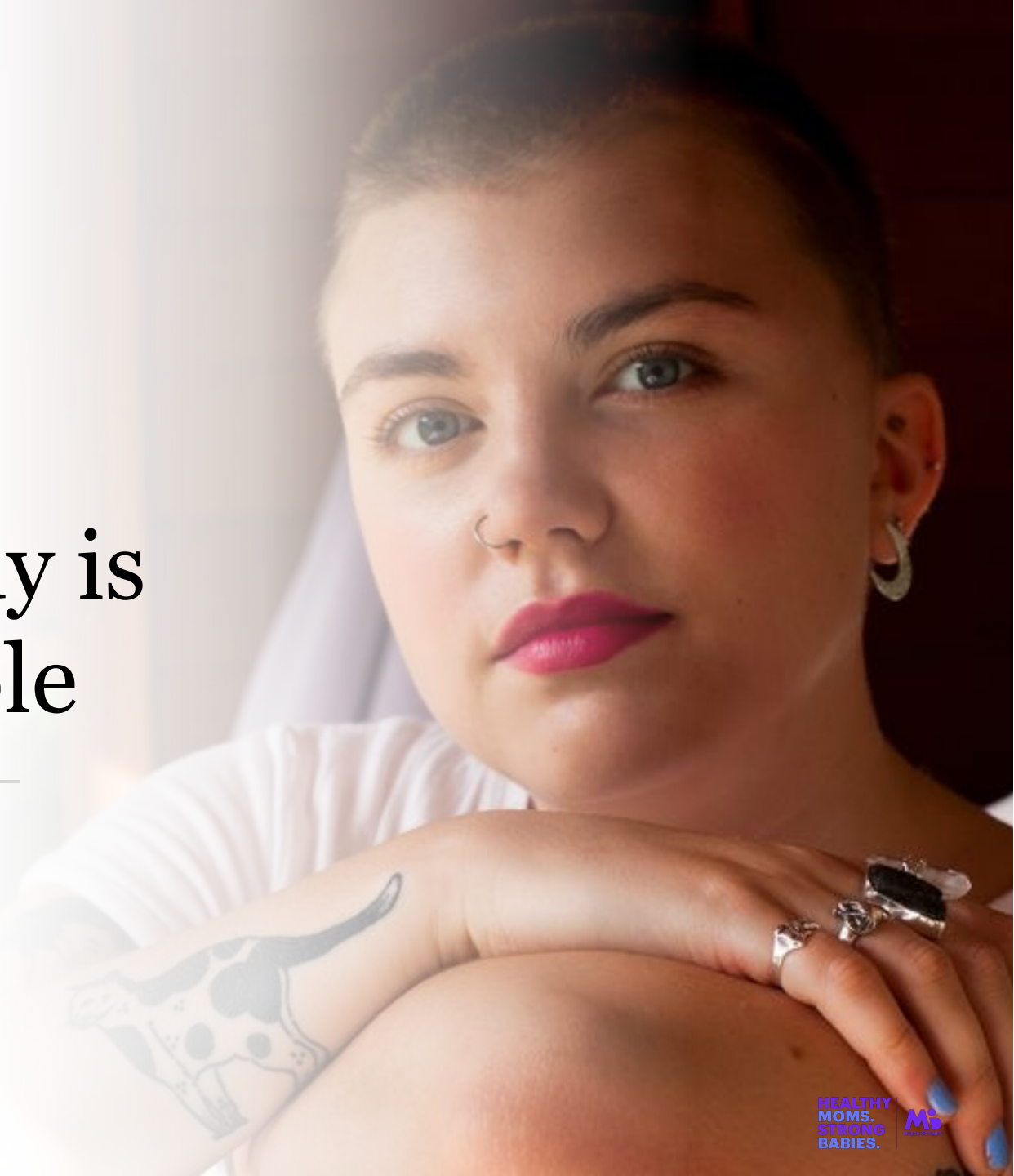
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My body is  
capable

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HEALTHY  
MOMS.  
STRONG  
BABIES.





# I am enough

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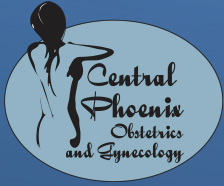




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# Data Tracking



Apple Store



Google Play

# The Journey Pregnancy App