

Mothers/Pregnant Women

Centering Pregnancy

Population: Pregnant Women | Setting: Healthcare

Centering Pregnancy is a multifaceted model of group maternity care that incorporates health assessment, education, and support. Eight to ten women with similar gestational ages meet to learn care skills, participate in a facilitated discussion, and develop a support network with other group members. Each pregnancy group follows the recommended schedule of 10 prenatal visits; visits range from 90 minutes to 2 hours long. Participants take their own weight and blood pressure, record their health data, and have private time with their provider for belly checks before group discussion and activities¹.

[CenteringPregnancy | County Health Rankings & Roadmaps](#)

Educational Interventions to Breastfeeding

Population: Mothers | Setting: Home

Although complementary feeding is a universal practice, the methods and way it is practiced vary between cultures, individuals, and socioeconomic classes. The period of complementary feeding is a critical time of transition in the life of an infant, and inappropriate complementary feeding practices, with their associated adverse health consequences, remain a significant global public health problem. Educational interventions are widely acknowledged as effective in promoting public health strategy, and those aimed at improving complementary feeding practices provide information about proper complementary feeding practices to caregivers of infants/children. It is therefore important to summarize evidence on the effectiveness of educational interventions to improve the complementary feeding practices of caregivers of infants.

[Educational interventions for improving primary caregiver complementary feeding practices for children aged 24 months and under - Arikpo, D - 2018 | Cochrane Library](#)

Mothers and Babies

Population: Pregnant Women | Setting: Community-Individual or Group

Mothers and Babies (MB) is a program that promotes healthy mood management by teaching pregnant women and new moms how to effectively respond to stress in their lives through increasing the frequency of thoughts and behaviors that lead to positive mood states. Designed as a perinatal depression prevention, the Mothers and Babies targets three specific risk factors: limited social support, lack of pleasant activities, and harmful thought patterns.

[Evidence based practices – Healthy Start EPIC Center](#)

Project Link

Population: Pregnant Women | Setting: Inpatient/Outpatient

This is an intensive outpatient substance abuse treatment program designed for pregnant and postpartum women. The program is rated Promising. Treatment group mothers had newborns with statistically significant higher birth weights, longer gestational ages, and higher Apgar scores, compared with control group mothers. Their newborns also had a statistically significant lower likelihood of being admitted to the Neonatal Intensive Care Unit and having positive toxicology screens.

[Program Profile: Project Link | CrimeSolutions, National Institute of Justice \(ojp.gov\)](#)