

Welcome to

Group Newborn Visits at MAHEC!

A BETTER WAY TO GET CARE



We are pleased to provide care for you and your growing family. At MAHEC we have been exploring ways to best care for you during this special time and we are very excited to provide group-supported newborn and well child care.

Centering Parenting is a chance for you to join with other new parents and newborns for your check up appointments. You'll be able to share your experiences with other parents, learn from their experiences, and you'll be involved in your own care.

Why have we decided to offer these group visits?

Because group visits have been shown to be good for parents and their newborns. It is an excellent way to learn through shared experiences, plus you will get more time with your doctor. The visits always start and end on time and there is more time for educational information and questions than there is in a typical office visit.

When do the group visits happen?

Tuesdays from 1:30pm to 2:30pm and Fridays from 12:30pm - 1:30pm. You will be scheduled for a group visit within 48 hours of your hospital discharge.

Who can come to the appointment?

Any family member or support person for your newborn (grandparents, aunts, uncles, etc.) are welcome to attend. You are also welcome to bring your newborn's siblings provided they are not sick.

How do I schedule a group appointment?

Call our office and ask to speak to a scheduler or ask our front desk staff when you are here!

Do I have to participate in these groups if I do not want to?

We encourage you to try! The vast majority of parents are hesitant to join a group of people they do not know. However, group members quickly get to know each other and love coming to their groups! We encourage you to try group care. After you try it, if you would like to change to traditional visits with a provider you may do so.

MAHEC FAMILY HEALTH CENTER - (828) 257-4730