Monthly Newsletter



August 2021 Issue | Created By Brigid Kelly | Edited by Beige McNeal

Announcements

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PPF has reopened our Milk Depot!



PPF Monthly Newsletters are back! To receive a copy, email info@theppf.org

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Supporting the Community



WE STILL HAVE FORMULA!

For a limited time, Pettaway Pursuit Foundation will be giving away free formula for babies and toddlers! Don't miss out! Call us at (610) 553-5479 and schedule a pickup time at our headquarters!



CRIBS FOR KIDS!

Pettaway Pursuit Foundation has partnered with Cribs for Kids in order to giveaway free Pack and Plays! Please sign up on their website at

http://cribsforkids.teachable.com and take the safe sleep class. Once you can provide the certificate of completion, you can call PPF and make and appointment for pick up!

For Delaware County residents, please reach out Delaware County Cribs for Kids Program at (610) 497-7472.



The Big Latch Event 2021



On Friday August 6, 2021, PPF participated in the Global Big Latch Event in collaboration with the Delaware County Breastfeeding Coalition! Both in person and virtually, mothers all over the world began breastfeeding their babies at 10:30 am in order to promote the benefits of breastfeeding. 16 mothers participated virtually, and 2 mothers in person! The day was filled with fun, food, education, and resources!



PETTAWAY PURSUIT

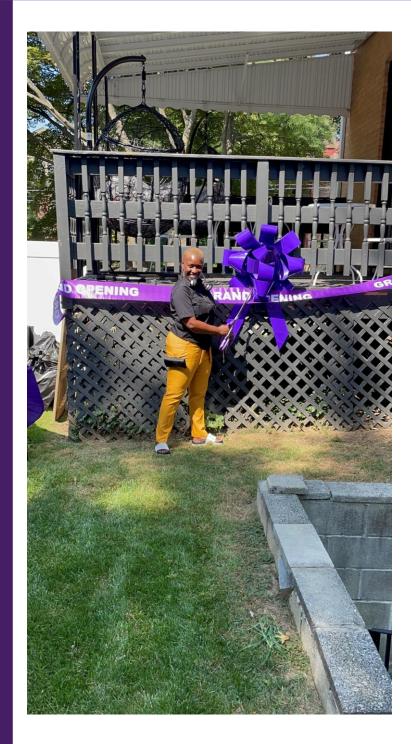


Mother's Milk Bank Reopens at PPF

On Friday August 6th, 2021, PPF re-opened its milk depot as it has closed due the been to pandemic. Mothers' Milk Bank Northeast, nonprofit а community milk bank accredited by the Human Milk Banking Association of North America (HMBANA), provides donated, pasteurized human milk to babies in fragile health throughout the Northeastern United States. Pettaway Pursuit Foundation partnered with MMBNE to be the first human milk depot site in Eastern Delaware County. PPF officially opened the milk bank depot on August 2, 2019. It was postposed during the pandemic. If you would like to be a human milk donor, please contact the Mother's Milk Bank Northeast at 617-527-6263.

All costs are covered by the milk bank, including the lab test for eligibility, storage bags for pumping, and all shipping costs.







My Story: Stacy Ramirez

On January 29, 2021, I gave birth to a beautiful baby girl and from that time on motherhood has been one difficult, but rewarding, journey.

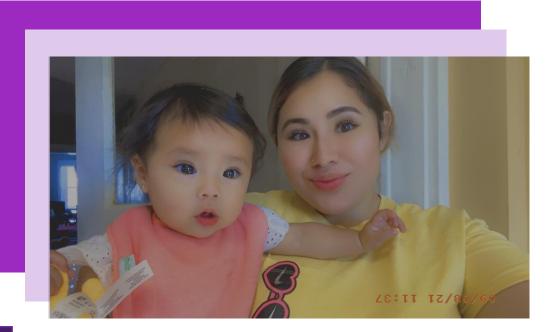
When I gave birth, I decided to breastfeed. The breastfeeding journey can be exhausting and challenging. I became so desperate with the fact that my daughter wanted more milk, but I couldn't produce enough. So, 2 months in I decided to stop.

Five months later, with the help of PPF doula Shanna, I was able to re-lactate and began breastfeeding once again. It takes a lot of work. I began pumping every 2-3 hours and it first it was very challenging. I was barely pumping 2 oz. However, after eating healthier, staying hydrated, and pumping religiously, I was able to pump about 6-8 oz. in every pumping session. I couldn't have done it without guidance. It may seem very hard at first, BUT I PROMISE YOU it's possible.

Thank you PPF

Love,

Stacy





PPF Celebrating Black Breastfeeding Week!

Pettaway Pursuit Foundation promotes and supports breastfeeding. PPF's Lactation Station Program was launched so that Certified Lactation Counselors provide breastfeeding support, education, and resources to breastfeeding moms and their support village. Currently, the American Academy of Pediatrics' (PA AAP) First Food program and the Pennsylvania Department of Health (PA DOH) granted \$5,000 to Pettaway Pursuit Foundation & Pennsylvania Resource Organization for Lactation Consultants for "Connecting the Dots for Successful Breastfeeding." This grant will help us serve women of color and other marginalized populations who are disproportionately affected by these barriers to breastfeeding.

"Black Breastfeeding Week,...was founded in 2013 to help address the disparity racial in breastfeeding rates. Both *mother and baby* reap innumerable benefits from nursing...For myriad complex reasons, including systemic racism and generational trauma, the rates of breastfeeding are lower among Black infants and mothers compared to other ethnic groups in the *US.*"

By Kerry Pieri

THE PETTAWAY PURSUIT FOUNDATION PRESENTS BLACK BREASTFEEDING WEEK 2021 August 23rd – 27th THE BIG PAUSE:

COLLECTIVE REST FOR COLLECTIVE POWER



All classes and groups will be at 6pm on Zoom

Registration and questions? Please call 610.553.5481 or email info@theppf.org

23rd - The Parents Birth Circle
24th R - Rest and Rejuvenate (Yoga)
25th E - Education (Parenting School-Aged Children)
26th S - Support System (Daddy & Mommy University)
27th T - Tranquility (Postpartum Support Group)

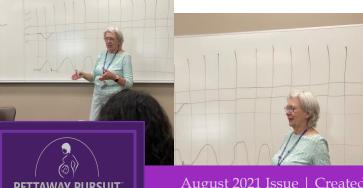
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PPF Birthing Simulation with Dr. Pam Williams and Widener University!



Dr. Williams has 43 years of experience in maternal nursing. Her focus in patient care has been presenting perinatal depression as a situation that can be treated successfully so it is less scary. Not only is she a professor and board member, she volunteers with PPF during their food and diaper drives! She can effectively teach birth workers how to convey empathy, compassion and care to their clients and loves to help women personally and professionally!



PPF's doulas and admin staff were treated to a birthing simulation at Widener University with professor and PPF Board Dr. Co-Chair Pamela Williams!

