



# Monthly Newsletter



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

## Announcements



PPF has reopened our Milk Depot!



PPF Monthly Newsletters are back! To receive a copy, email [info@theppf.org](mailto:info@theppf.org)

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# Supporting the Community

**Infant Formula Giveaway**  
Pettaway Pursuit Foundation is giving away Baby Formulas!  
To check availability and schedule a pickup, please call 610-553-5483.  
Pick Up Location: 11 Owen Avenue, Lansdowne, PA 19050

**LIMITED TIME OFFER!**

 <b>Similac Pro-Total Comfort</b> For Delicate Tummies NET WT 215 g	 <b>Similac Alimentum</b> Hypoallergenic For Food Allergies and Colic NET WT 198 g	 <b>Similac Pro-Advance Powder Formula</b> NET WT 1.93 LB
 <b>Similac Advance Complete Nutrition</b> NET WT 352 g	 <b>Similac For Spit-up</b> NET WT 198 g	 <b>Similac Pro-Advance Liquid</b> NET WT 236 mL
 <b>Similac Sensitive</b> For Fussiness & Gas due to Lactose Sensitivity NET WT 354 g	 <b>Similac Neosure</b> For Babies Born Prematurely NET WT 371 g	 <b>PurAmino DHA &amp; ARA</b> Hypoallergenic NET WT 400 g
 <b>Enfamil NeuroPro Milk-based powder with iron</b> NET WT 204 g	 <b>Enfamil NeuroPro EnfaCare</b> For Babies Born Prematurely Transitioning to Home NET WT 204 g	 <b>Enfamil NeuroPro Sensitive</b> For Sensitive Tummies NET WT 204 g
 <b>Enfamil Neuropro Gentlease</b> For Easing Gas, Fussiness & Crying NET WT 204 g	 <b>Enfamil A.R.</b> Reduces Frequent Spit-Up NET WT 204 g	 <b>Enfamil Reguline</b> For Promoting Soft Stools NET WT 204 g

## 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 an appointment for pickup!

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!

## The Big Latch Event 2021



In person at 11 Owen Ave, Lansdowne PA, 19050 or Virtual on Zoom.  
Registration link below.

Global Latch at 10:30 am



**Friday, August 6th, 2021 10 am-11:30 am**

Join us in person or from the comfort of your home. Be part of a **global** event to celebrate, promote and support breastfeeding!

The event will start at 10:00 am with all babies latching at 10:30 am to be included in the international count. Join us to meet other families in the community!

Link for registration: <https://forms.office.com/r/qmXGfzyZU>

Questions? Please call 610.553.5481 or email [info@theppf.org](mailto:info@theppf.org)



# Mother's Milk Bank Reopens at PPF

On Friday August 6<sup>th</sup>, 2021, PPF re-opened its milk depot as it has been closed due to the pandemic. Mothers' Milk Bank Northeast, a nonprofit 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 postponed 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 racial disparity 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 23<sup>rd</sup> – 27<sup>th</sup>  
THE BIG PAUSE:  
COLLECTIVE REST FOR COLLECTIVE POWER



All classes and groups will be at 6pm on Zoom

- 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)

Registration and questions?  
Please call 610.553.5481 or email [info@theppf.org](mailto:info@theppf.org)



DELAWARE COUNTY BREASTFEEDING COALITION

PETTAWAY PURSUIT FOUNDATION

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



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



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!

