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

Inside This Issue

Page 2  Cribs for Kids!
Page 3  Big Latch Event 2021
Page 4  Human Milk Bank Depot Reopening!
Page 5  My Story: Stacy Ramirez
Page 6  Black Breastfeeding Week
Page 7  Birth Simulation Education at Widener!
Supporting the Community

**Infant Formula Giveaway**

Pettaway Pursuit Foundation is giving away free formula!

To check availability and schedule a pickup, please call (610) 553-5479.

**Pick Up Locations:**
- 11 Owen Avenue, Lansdowne, PA 19050

**Available Formulas:**

- Similac Pro-Total Comfort For Formula Tolerant: NET WT 255 g
- Similac Advance Complete Nutrition: NET WT 527 g
- Similac Advance Hypoallergenic: For food allergies and colic: NET WT 208 g
- Similac For Split-Up: NET WT 208 g
- Similac Neocate For Babies Born Preterm: NET WT 472 g
- Purina Enfamil Pro-Advance Ready To Feed: NET WT 200 ml
- Purina Enfamil Pro-Advance Powder Formula: NET WT 1.85 lb
- Enfamil for Specific Needs: Enfamil BrainFoods DHA & ARA Hypoallergenic: NET WT 400 g
- Enfamil for Specific Needs: Enfamil A.S. Reverses Frequent Spit-Up: NET WT 204 g
- Enfamil for Specific Needs: Enfamil A.S. For Gas, Fussiness & Crying: NET WT 204 g
- Enfamil for Specific Needs: Enfamil Neocate for Preterm: NET WT 204 g
- Enfamil for Specific Needs: Enfamil for Preterm: 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](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.
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!
Mother’s Milk Bank Reopens at PPF

On Friday August 6th, 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.
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
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
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!