



PETTAWAY PURSUIT FOUNDATION®

“Strengthening Families, One Mother at a Time.”

Doula By My Side Program

Pettaway Pursuit Foundation provides non-medical support, peer-to-peer mentoring and home visitation along with specialized services to women who are at-risk or diagnosed with high-risk pregnancies.

A Doula* is a trained professional in maternal health who offers you: **A doula does not take the place of your OB/Gyn.*

- Emotional, physical and educational support
- Help to access community resources
- Support to you and your family to prepare for the birth of a new baby
- Education on what to expect during pregnancy, labor and delivery
- Support during labor and birth
- Help to schedule and get ready for prenatal visits
- Implement Trauma-Informed Care
- Education about breastfeeding, newborn care and more!

To REFER A MOM to our DBMS Program, complete the Referral Form on the back.

PAL for Parents Program

Being a parent, new or experienced, is not an easy job. It can be overwhelming at times, and for that reason, the PAL for Parents Program was created.

Classes Offered (but not limited to): *

- Beginner & Prenatal Yoga
- Nutrition Class
- Breastfeeding Support Group
- Newborn Care Class
- Safe Sleep Class⁺
- Mommy Support Group (Peer-to-peer)
- NICU Support Group
- Childbirth Education
- Life Skills (Parenting, Budgeting, Time

**Attend the PAL for Parents FREE CLASSES to receive a free giveaway! Registration is MUST! Call or email our office to register.*

⁺PPF's safe sleep class is facilitated by Safe Sleep Ambassadors trained via the Cribs for Kids® methodology.

How Are Our Pennsylvania Results?

PPF's mission is to improve pregnancy, birth, postpartum, and NICU experiences along with achieving healthier newborn outcomes and empowering new mothers with resources and education on proper infant care. Since its inception, PPF has reported the following¹:

Increased Breastfeeding: 384/543 (71%) of our members breastfed their newborn

Decreased NICU Stays²: 78/543 (14%) of our members had an infant admitted to the NICU

Decreased Number of C-Sections²: 195/543 (36%) of our members had a Cesarean Section delivery

Decreased Preterm Births²: 101/543 (19%) of our members delivered preterm

Decreased Low Birth Weights^{2,3}: 106/543 (20%) of our members delivered at a low birth weight

¹ Data collected since 2007 – 2017

² Due to the nature of our program, some members were received during this stage of their delivery. These results do not fully represent the benefits of the Doula By My Side Program.

³ Low birth weight: ≤ 4lbs.

To become a PPF doula, please contact us!

Phone: 610-553-5479 / **Fax:** 610-553-5482 / **Email:** info@theppf.org / **Website:** pettawaypursuitfoundation.org

Headquarters: 11 Owen Ave, Lansdowne, PA 19050 / **Business Hours:** Mon-Fri at 9:00 AM – 5:00 PM



Provider Referral Form

Type of Doula Service: Prenatal Postpartum

Date: _____

Qualifying Insurance Name: <input type="checkbox"/> Keystone First <input type="checkbox"/> Other (specify) _____			Referral Person: _____ Phone Number: _____ Referral Organization: _____ Location: _____	
Member Name: _____			Member ID No _____	DOB: _____
Phone _____	Alternate phone _____		Case Manager/PHW Coordinator/Support Staff name: _____	
Address: _____			Phone: _____	
EDD _____	G _____	Gest. age _____	Medical history _____	
P _____				
Social issues: _____				
Referral Reason _____				

Please email or fax this form to:

E: padbmsreferral@theppf.org

F: 610-553-5482

Questions? Call us at 610-553-5479.
www.pettawaypursuitfoundation.org