



Quarterly Newsletter

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Announcements

► If you would like to volunteer for any classes offered, please email pettawaypursuit@verizon.net or call 610-553-5479

► To be featured in the next issue please email pettawaypursuit@verizon.net or call 610-553-5479.

Inside This Issue

PG. 2

→ PPF New Headquarters

PG. 3

→ PPF Thanksgiving Drive

→ PAL for Parents

PG. 4-5

→ The Doula Division

Mom's the Word: PPF Expands to a New Location

After nearly 20 years of servicing both prenatal and postpartum needs of mothers from various backgrounds, Pettaway Pursuit Foundation has launched its headquarters on May 30, 2018. Operating out of Lansdowne, Pennsylvania, the new location looks to serve as a central hub for its surrounding communities as well as its two other branches in Massachusetts and Rhode Island. In addition, new classes and workshops will be available as an extension of the services previously provided.

*“Strengthening
families, one mother
at a time.”*

*-Theresa Pettaway,
Executive Director*



Above: Theresa Pettaway, Founder and Executive Director of Pettaway Pursuit Foundation, at new location in Lansdowne, PA.

Our principal services are to provide direct, evidenced-based, practical, educational, socio-emotional and physical support in response to the acute and varying needs of at-risk and high-risk mothers and their families. PPF's primary service is to provide comprehensive and integrated antepartum and postpartum Doula services to low income, at-risk, and high-risk mothers. As our Executive Director's mantra is “Strengthening families, one mother at a time,” PPF seeks to serve as a bridge between community partners, our members and their families.

What Are You Bringing to the Table?

As Summer continues to fly by, PPF has begun planning its annual Thanksgiving drive. Our goal this year is to serve at least 40 families throughout Lansdowne and its surrounding communities. Information regarding acceptable donations will be available soon. If you know of a family in need, please let us know. The event flyer is listed below.



A flyer for August 2018 classes. It features a pregnant woman in a pink dress on the right side. The text "August 2018" is at the top in large purple letters, followed by the dates "01, 08, 15, 22, & 29". Below the dates, it says "Breastfeeding Support Group Facilitator: Diane Lawley, RN, CLC Time: Wednesday, 2:30 pm — 3:30 pm". Underneath that, it lists "08 & 15" in large purple numbers, followed by "Prenatal Yoga Class Facilitator: PPF Doula Fatimah Adekola Med, CPD, RYT Time: Wednesday, 1:00 pm — 2:00 pm". At the bottom, there is a question about interest in joining classes, location information, and registration details. The Pettaway Pursuit Foundation logo is at the bottom right.

PPF Introduces: PAL for Parents

While maternal health has always been at the forefront of PPF's mission, the organization seeks to extend its reach to all members of the community. With this goal in mind, PPF has launched the "PAL for Parents" program where parents can learn essential and valuable life skills to benefit both themselves and their families.

"PAL for Parents" mantra:

Provide evidence-based classes and trainings for parents

Alleviate stress for parents during this overwhelming phase of their lives

Learning together to further enhance wellness in our community

Classes offered include:

- Prenatal Yoga
- Nutrition Class
- Breastfeeding Support Group
- Newborn Care Class
- Mommy Support Group
- NICU Support Group
- Childbirth Education
- Life Skills

To read more detailed information on what each class includes, [click here](#). The current class schedule is listed to the left.

The Doula Division

This section of the newsletter is exclusive to all things doula-related. Whether it be a personally-submitted story from a PPF doula, fun facts, or a PPF member highlight, it will be featured here.

Featured Class: Life Skills

A featured class in the new “PAL for Parents” program, the PPF Life Skills class offers parents insight to life with a newborn and how to adjust to this new and exciting journey. The hour-long course joins traditional teaching with fun and informative games for parents to enjoy.

Our first session launched on July 27th with Karen Peterson, the PPF Lead Doula, as its instructor. Ms. Peterson focused on time management stating it is “...not a standalone skill” but rather “The difference between what we have to do and what we want to do.” Those parents who attended left the class in great spirits eagerly asking the receptionist when the class would be offered again in the future.

Skills that were covered in this class include:

- Goal Setting
- Prioritization.
- Self-awareness.
- Self-motivation
- Focus
- Decision making
- Planning
- Communication



Doula-Member Highlight: The Importance of Education in Newborn Care

Although often overlooked, doulas provide the maternal wisdom and emotional support many professionals within the medical field lack. A substantial number of women and their families are able to readily accept a newborn into their homes with less anxiety thanks to the assistance of doulas.

PPF Doula Keacha Morris references her own recent member experience explaining “As a doula, I am responsible for providing non-medical support and companionship to my clients and their families, in a non-judgmental environment, as well as providing education, and offering evidence-based information. It was my pleasure to educate Mom Crystal on how to bathe Baby Omari¹, Dad Lavar on the use of the CuddleBug and baby wearing¹, and sister Neveah on how to change a diaper¹, and how to pick up Omari while supporting his head.”

¹Pictured to the right

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-Keacha Morris, PPF Doula

