



Middle Photo Credit: Katie Kenyon, The Foundation for Delaware County

Quarterly Newsletter



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Announcements

 If you would like to become a facilitator for any classes offered, please email kpeterston@theppf.org or call 610-553-5481

 PPF has a new toll-free number!

1-800-PPF₍₇₇₃₎-DBMS₍₃₂₆₇₎

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Bringing Baby to Breast with PPF

Rooted in all things maternal health, Pettaway Pursuit Foundation continuously seeks to be advocates of anything that may positively impact pregnancy, birth, and postpartum experiences.

Appropriately, the Delaware County Breastfeeding Coalition asked PPF to be a featured speaker at their Bringing Baby to Breast Conference. Being that the Foundation's very own Board Member, Shanna Williams is the chairperson of the Coalition and was spearheading the event, PPF saw this as the perfect opportunity to showcase how doulas can assist a mother with lactation support. The overall conference was centered on how all community members can support, promote, and protect breastfeeding mothers and their families.

PPF's segment spanned an hour, beginning with three heart-wrenching personal anecdotes from our Executive Director, Theresa Pettaway, and her experience with having all three of her children preterm. In short, the stories gave us a glimpse at three trying times in her life covering her journey as a teen mom at 15 up until her young adulthood. Theresa expressed that sharing her painful memories would allow others to understand why PPF advocates for the underserved population.

Although the stories left many emotional and in disbelief, PPF's presentation continued with "Bridging the Gap."



Above: PPF Staff presenting their segment on supporting, promoting, and protecting breastfeeding at the Bringing Baby to Breast Conference

The essay was prepared and delivered by PPF's Administrative Assistant, Chanise Davis, and discusses the maternal health crisis in the U.S., research that supports how doulas help, why PPF's doula model is ideal for the community mother, and introduced how all community members can support, promote, and protect breastfeeding families.

The presentation concluded by expanding on the support, promote, and protect model with an interactive PowerPoint entitled "How Doulas Support, Promote and Protect Breastfeeding." ▶

Developed by PPF’s Program Manager, Karen Peterson and two of PPF’s doulas, Khamyia Jackson and Ortiase Brown, the presentation began with a live poll to survey everyone’s knowledge on how to assist breastfeeding mothers. While the room was full of individuals knowledgeable on lactation and maternal health, the results displayed that about 30% of attendees had no idea how to support, promote, or protect breastfeeding.

Below: PPF’s Program Manager, Karen Peterson sharing a fun activity with the attendees



Above: PPF’s vendor table at the Bringing Baby to Breast Conference

Karen, Khamyia, and Ortiase then educated the audience on each facet of supporting, promoting, and protecting breastfeeding, respectively. Karen used a fun glove activity to display how everyone can share what they learned on supporting breastfeeding no matter how small. Khamyia reviewed promoting breastfeeding; going over the differences in breast milk and formula with a game of giant Jenga. How the U.S. protects breastfeeding was presented by Ortiase to ensure everyone is aware of how to properly research their rights. In the end, based on all information shared, everyone was able to develop a “word cloud” on how to support, promote, and protect breastfeeding families. Words like “advocate,” “love,” and “encourage” were amongst some of the many words mentioned. PPF’s contribution and the event were an overall huge success! ▀

All Aboard at the PPF Lactation Station

Directly in line with Pettaway Pursuit Foundation's commitment to support, promote, and protect breastfeeding mothers, the Foundation will be introducing a unique take on breastfeeding resources with the welcoming of its PPF Lactation Station. Giving a name to some of the resources it already provides such as the free monthly Breastfeeding Support Group and in-house Certified Lactation Counselors (CLCs), PPF will be welcoming an on-site human milk bank depot to its Lansdowne-based headquarters. The new addition is made possible via Mothers' Milk Bank Northeast, a fellow nonprofit organization that is certified by the Human Milk Banking Association of North America (HMBANA) and manages 27 milk bank depots throughout the Northeast sector of the U.S.

Joining existing depots, with just 2 stationed in the entire state of Pennsylvania, PPF's new addition will offer local moms with fragile infants a trusted resource for their milk needs. PPF's grand opening ceremony for the depot will take place at the Big Latch On event the organization is hosting in collaboration with the Foundation for Delaware County on Friday, August 2nd. Kathleen Tyrell of the Foundation for Delaware County will be joining us as the on-site host. The event will take place from 9:30 am – 1:00 pm and all community members are welcome to attend. For more detailed information please reference the official event flyer to the right. ■

10th Global Big Latch On

**Breastfeeding Moms,
Join us for the Big Latch On**

The Delaware County Breastfeeding Coalition and the Pettaway Pursuit Foundation are hosting the 10th Annual Global Big Latch On event.

2 days and 2 Locations

Day 1: Friday, August 2nd at Pettaway
11 Owen Avenue, Lansdowne, PA 19050

Day 2: Saturday, August 3rd at Riddle Hospital
Administrative Annex Conference Room 1 & 2
1060 W. Baltimore Pike, Media, PA 19063

We will begin gathering at 9:30 am.

The Big Latch On will be at 10:30 am.

Come meet other Breastfeeding Mothers
from our community!

For more information on the
Big Latch On, visit their
website www.biglatchon.org



Support Breastfeeding Mothers



Encourage the breastfeeding mother before and after her baby arrives.



Praise her for every breastfeeding milestone large or small.



Educate mom on resources in her community that will support her breastfeeding efforts.



Assist mom with other important things like newborn care, household organization and errands.



Don't judge moms' choices.

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.

Prenatal Yoga is a Gift

Submission By: Fatimah Adekola

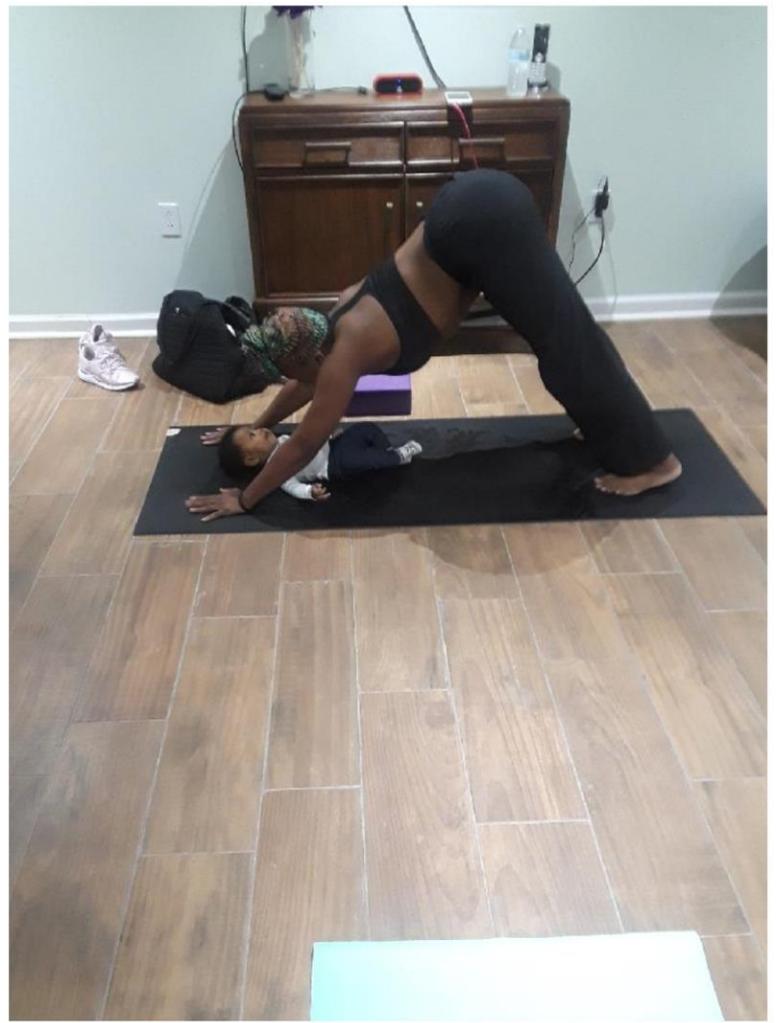
Edited By: Chanise Davis

Prenatal yoga is a gift to expectant mothers who experience emotional, mental and physical changes. Prenatal yoga holds the key to balancing hormones, relieving stress, fostering body positive awareness, preparing her for labor with breathing techniques and bonding with baby.

According to the Mayo Clinic Staff, prenatal yoga improves sleep, reduces stress and anxiety, increases strength, flexibility, and endurance of muscles needed for childbirth. It decreases lower back pain, nausea, carpal tunnel syndrome symptoms, headaches, and shortness of breath.

“Birthing is the most profound initiation to spirituality a woman can have.”

-Robin Lim



Above: Pettaway Pursuit Foundation's Yoga Instructor, Danielle Jernigan and her newborn at PPF's free Prenatal Yoga class.

Prenatal yoga's integrative approach encourages stretching, mental centering, and promotes mental clarity. The focused breathing benefits mother and baby and lowers the chance of birth complications. One of the significant components of prenatal yoga is breathing which helps pregnant mother relax during labor. ▶

Prenatal yoga teaches pregnant mothers poses to prepare themselves for childbirth. Standing poses energize and strengthen body, open chest and abdominal area, extend spine, realign posture and ground energy.

Forward bend poses take pressure off the lower back, improve circulation to legs, kidneys, and pelvis, increase energy, align spine, help give space to back of vaginal and cervical wall, and can relieve heaviness of the uterus. Seated poses relieve lower back pain around pubic bone, tone and stretch the pelvic floor, soften and stretch vaginal opening, relieve stiffness in hips, groin, and knees.

For expectant mothers, prenatal yoga fosters restoration and renewal during pregnancy thus manifesting inner and external exploration of breath, bonding, and love between mother and baby. ▀



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About the Author



Fatimah Adekola, M.Ed. BD (DONA) CPD (CAPP) is our eldest and longest running PPF doula. She offers much wisdom and expertise as she is a Registered Yoga Teacher (RYT) Certified Breathologist and owner of Legacy of the Womb Healing Arts. She received Certificates of Completion in Birthing Mama Prenatal Yoga Wellness Program, Holding Space for Pregnancy Loss Training and Indigenous Remedies Women Herbal Intensive.