

The Latch

Connecting moms and babies to the BRC

Greetings!

We've come to the end of World Breastfeeding Week!



I loved the theme this year! The world has their eyes on keeping the planet clean and healthy. Some states are banning plastic bags, more people are reaching for their reusable water bottles and more families are breastfeeding! When nursing a baby there is literally no waste, except the waste in their diaper! Congratulations to breastfeeding families for doing your part

to save the planet!

Be sure to check out our social media outlets for more fun pictures from our call to action. We asked for nursing pictures while doing some other planet friendly activity!

Facebook: Breastfeeding Resource Center

Instagram: Breastfeeding_Resource_Center

Sincerely,



Colette Acker

Executive Director

What have you done to encourage a mother to breastfeed?



I was visiting my son and his wife who are pregnant and due in October. We wanted to go out for breakfast and searched online for a place with outdoor seating.

The waitress took our orders. There were three words to describe her. One tough cookie!

Her posture, her demeanor, everything about her was tough.

When she brought us our receipt, she asked my daughter in law, "Do you plan on nursing?" Of course, the hairs on my arms came to a stand. Where was she going with this? My daughter in law stated that she was and the waitress went on to tell her how wonderful it was. I was pleasantly surprised at her response and admitted that I was a lactation consultant.

She proceeded to tell us that her girlfriend "guilted her into trying it". She made a pact with herself to do it for one month because she heard the baby gets all their immunities in the first month (no... I didn't jump in). At a month, she was enjoying it and wanted to continue. She even pumped at work. She went on to tell us that she's a retired Sergeant with the NYPD. Like I said, this woman exuded toughness. It all made sense!

She then told us a story of getting assigned to Times Square on New Year's Eve while she was still pumping. She begged them to take her off the assignment. She offered to do five years in a row if they would take her off that detail. They refused. It ended up being the coldest New Year's Eve night in NYC ever recorded even until today! She recounted going to her squad car and pumping in the freezing cold and trying to cover herself from the crowds! Now that's dedication!

I was so thrilled that this woman took the time out to encourage a pregnant mother to

breastfeed. It was nice to make a connection with her. And it was a nice reminder, that her simple act may have supported a mother's decision especially if she was on the fence about her feeding plans.

Support Groups - It's time to meet face to face!



Our support groups were REALLY popular! Every week families gathered to share and learn. We thought due to our new PA status as "green" we would re-open our doors. We intend to follow current CDC, AAP and PA guidance, and take the following precautions:

- Attendees must register in advance to attend, and capacity will be limited.
- Parent temperatures will be taken at the door and staff temperature will be taken when they arrive for work.
- Masks are required for adults.
- Social distancing will be in effect, with markings on the floor, 6 feet apart

ABINGTON OFFICE:

First group: Tuesday, August 18th
10 AM

[Register here!](#)

KOP OFFICE:

First group: Wednesday, August 19th
10 AM

[Register here!](#)

We'll have the zoom meeting simultaneously. Let's see if it all works out!

BRC IBCLCs reward the Temple Staff

In celebration of World Breastfeeding Week, Chloe, one of our lactation consultants at Temple, and I put together 167 bags of candy. We added tags with "lact facts" attached. The Temple nurses work



hard to support breastfeeding families and we wanted to thank them! Here are a couple of the fun lact facts we came up with.

- * Did you know that King Tut built a lavish tomb to honor his wet nurse? What can we do to bring up the value of breastfeeding in our culture?
- * Producing breast milk consumes 25% of the body's energy; the brain only uses 20% by comparison.

Are you wondering why the BRC was started? [FIND OUT HERE!](#)

Thank you to everyone who has supported the BRC and continues to support this wonderful community program. Please help us continue by donating today.

[DONATE](#)

We could not offer a sliding-scale payment option, FREE support groups, FREE Community Counselors, or low-cost parenting education classes without your help. Please consider making a donation to help us continue to provide FREE and low cost breastfeeding services and education to area families, just like yours.

Thank you for choosing the BRC for all your breastfeeding needs.

Sincerely,

Colette M. Acker, IBCLC
Executive Director
Breastfeeding Resource Center

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brc4babies@comcast.net
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