



The Latch

CONNECTING FAMILIES TO THE BRC

Dear ,

Happy
New
Year!

May your 2021
be better
than 2020!



Who's ready to start a new year? I'm sure we all are. I have high hopes that this vaccine gets distributed world wide as quickly as humanly possible. We've had a lot of questions about the safety of the vaccine for breastfeeding families. I've included an article below that should help with your decision.

I also want to say how the staff, board and volunteers here at the BRC were so appreciative of everyone's generosity as 2020 came to a close. The donations and well wishes were heart warming to say the least. The BRC is truly a unique resource and everyone here has worked hard to develop new programs and extend our reach to help meet the needs in our community and beyond!

Here's to a *happy* and *healthy* new year to all!

Sincerely,

Colette M. Acker, IBCLC
Breastfeeding Resource Center

Faces of the BRC!

Two of the biggest questions and concerns for new families is about infant feeding and sleep. You can get all that through one person at the BRC. Louisa is not only a fabulous IBCLC, but she is also a sleep consultant and was certified through the Holistic Sleep Coaching Program. When one of our clients had many feeding concerns with her baby as well as some serious sleep concerns, Louisa was there to help.



"Louisa makes me think the world of your organization. She has been on the journey that my family has taken this year. Truly, she has been on this journey with us since you offer these two great services. Unfortunately, our journey has been a rough one. But through it all, Louisa has been a consultation away. An email or a phone call. Each time I knew she would process the latest development with me and help me to do the best for my son. She cared about us. She cares about us. In this crazy world where care and concern seem to be fading, she cares. Refreshing!"

FROM THE STAFF. . .

Nonprofit Life



Here are some of the unique things we come across when working in the non-profit arena!



As many of you know, we provide all the lactation work at Temple hospital. Many of the patients who deliver at Temple are from North Philadelphia which has one of the lowest income levels in Philadelphia. Many families have Medicaid which covers breast pumps, but there are a portion of patients that are undocumented and many of them are struggling financially. The BRC accepts donated unused pumps and pumps that can be shared after use just for this purpose. Our IBCLC, Chloe called me the other day. She was so worried about a mother whose baby was in the ICN. The mother was already pumping ounces for this baby on day 2 of life. She had no insurance and did not speak English. Between google translate, a family's generously donated pump, and Chloe's kind heart and willingness to drive the pump to her house, this mother will be able to continue providing her milk for her baby!

If you'd like to donate an **unused** breast pump, please contact Colette at Colette@BRC4babies.com to schedule a drop off time and location! Used Medela pumps can not be passed to mothers, but the Spectra company states that mothers can share their motor units. If you'd like to donate a Spectra pump, we ask that you purchase a kit to go with it. The BRC is offering a full kit for purchase at the low cost of \$40. Don't have a pump, but want to help? Donate to our [Pump it Up Program](#) that helps low income families get a pump!

Thank you for your service!



Sarika M'Bagoyi



Zoe Reilly

Thank you to board members Sarika K. M'Bagoyi and Zoe Reilly for dedicating your time to the BRC by serving on our board. Our all-volunteer, working board contributes to the BRC with funding, time and energy on projects that touch on day-to-day operations of our non-profit and big-picture oversight as well. Zoe, a board member since 2019, served on the executive committee and Sarika, who is also a community counselor, served since 2018 on the Education and Communications Committees. They will both be missed in our board and committee meetings and we know we will see them in a continued volunteer capacity at the BRC.



COVID-19 Vaccine and Breastfeeding

The vaccine is here and soon it will be available to all. Many healthcare professionals are calling for advice about getting the vaccine while breastfeeding. I found that the [most beneficial article](#) comes from the Infant Risk Center. The Center along with Tom Hale, PhD is THE place to go when it comes to checking on medication and it's affect on babies and milk supply when breastfeeding. The bottom line is that we have no studies because the vaccine is brand new.

But after looking at what makes up the vaccine and what happens in the body after it's distributed, this is the conclusion. "As for breastfeeding, little or none of these vaccine components would ever reach the milk compartment, or even be transferred into human milk. Even if they were, they would simply be digested like any other protein by the infant. It is our opinion, that the present group of vaccines are probably going to be quite safe for breastfeeding mothers. The infant may even gain a small amount of maternal IgG in the breastmilk, which may even be beneficial. Unfortunately, the safety of these vaccines will only be determined after significant use in patients." So, this leaves the decision up to you and your healthcare professional after weighing the risks and benefits.

ACOG also has this within their statement: "COVID-19 vaccines should be offered to lactating individuals similar to non-lactating individuals when they meet criteria for receipt of the vaccine based on prioritization groups outlined by the ACIP." [Read the full statement](#) here.

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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