

# Supporting Chestfeeding During a Global Pandemic

## Introduction

New Familia is a dynamic team of experienced consultants who work to provide culturally competent and affordable reproductive health education and care. Located in Lincoln Heights, New Familia aims to foster a culture of wellness and empowerment in Northeast Los Angeles and beyond.

## Purpose

1. Share evidence-based information on the benefits of chestfeeding, particularly during a pandemic.
2. Prepare moms for birthing and feeding during COVID-19.
3. Assist moms to feel empowered and in control over their feeding experiences.

## Methods

In response to the pandemic, New Familia converted all services to a virtual platform. New Familia used social media to advertise all support groups. The team utilized Zoom to hold an educational space for new parents.

## Outcome

1. Since launching the virtual chestfeeding support groups in early June, **31** new parents have taken advantage of the services New Familia offers.
2. During the COVID-19 pandemic, New Familia has supported **three** new parents through labor, birth and postpartum.

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Public Health

# Chestfeeding During COVID-19

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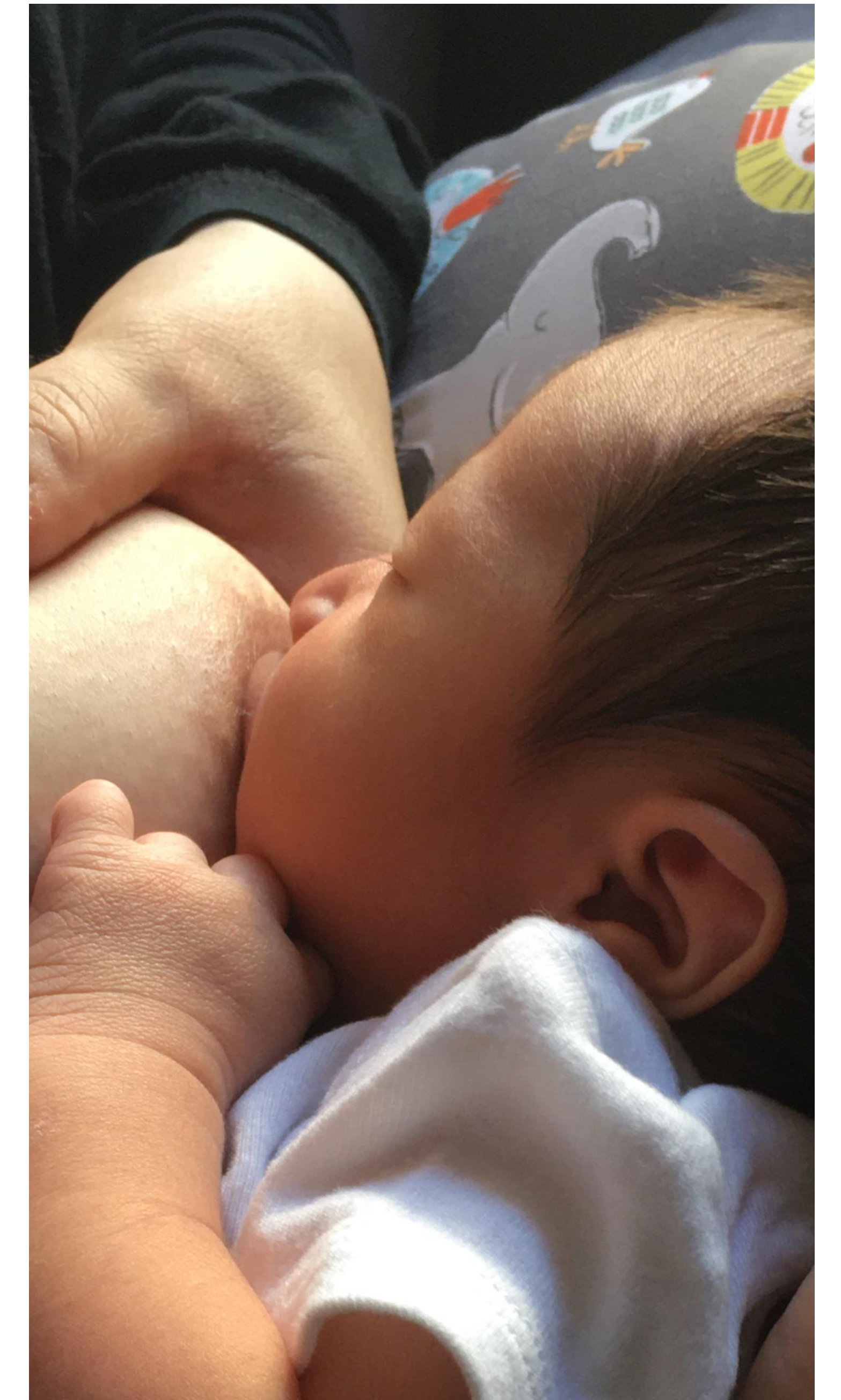
*Mentors: Jessica Dirkes, Raquel Galarza, Heng Lam Foong*



*Andrea Banuelos chestfeeding her newborn son, José.*

## Photo sources:

- Andrea Banuelos gets son José to comfortably latch on her chest.
- Itzelt Ramirez uses a supplemental nursing system to deliver milk to her son, Leo.



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