

# Staying A-breast



December 2023

The Coastal Health District breastfeeding team wishes you a very happy holiday season!

## Why is breastfeeding support so important?

Mothers often find themselves struggling to overcome obstacles while trying to provide breastmilk for their babies; consequently, they consider ending their breastfeeding journey before they had originally wanted to.

Breastfeeding Peer Counselors provide the support needed to help these mothers to overcome the various barriers in front of them. Peer counselors are available at all hours to offer peer-to-peer friendship during those challenging moments, and to give mothers and their families the encouragement needed to help them be successful at nursing or pumping.

Our Breastfeeding Team would like to assist in increasing the number of children in our local clinics who are still breastfeeding after one month, six months or twelve months. Although breastfeeding is natural, it is not always easy. We want mothers to know that they are not alone: we are here to support their efforts and validate their feelings while they work towards accomplishing their own individual breastfeeding goals.





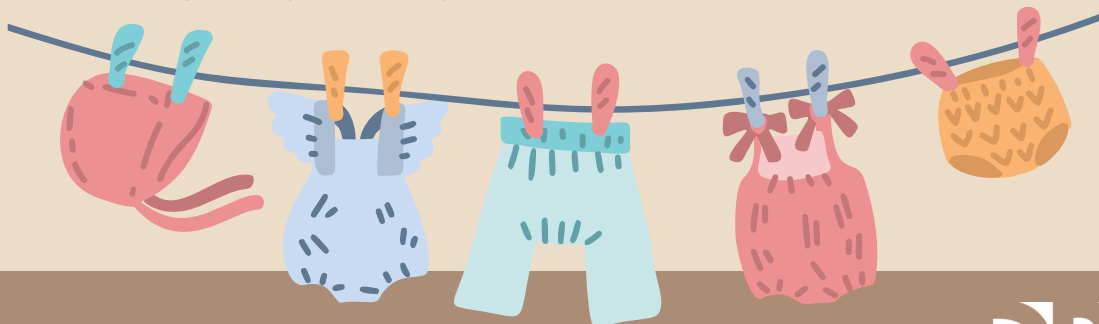
# Your New “Breast” Friends!

The Coastal Health District breastfeeding team is growing! We've recently added six new breastfeeding peer counselors and a breastfeeding nutrition assistant to help you on your journey!

## **IMANI ROBINSON** CHATHAM COUNTY

Imani was born and raised in Savannah and has a passion for childcare. Her daughter is 7 years old, and her son is 3 years old and currently breastfeeding. In her spare time, Imani enjoys doing crafts, braiding hair, and going on family outings.

She is very interested in helping mothers overcome their fear of breastfeeding in public places and would also like to educate new mothers on the importance of breastfeeding. Imani believes that “bottles fill the stomach, but breastfeeding fills your baby’s soul.”



[CoastalHealthDistrict.org/breastfeeding](https://CoastalHealthDistrict.org/breastfeeding)





**KUMARI ABRAY-JORDAN**  
GLYNN COUNTY

KuMari is a mother of four: her two boys are 8 and 4 years old, while her two girls are 2 and 1 years old. She breastfed each of her children for a little over eighteen months. KuMari is currently in school to become a Hemodialysis Technician, and during her free time she likes to sing, cook, fish, and take

her children on new adventures. One thing that KuMari feels passionate about is helping to make breastfeeding more acceptable in the workplace; she feels as though women deserve an accessible, private, and efficient place to pump so that they do not have to choose between breastfeeding and working.

**KENDALL PHILLIPS**  
GLYNN COUNTY

Kendall is the mother of a 7-year-old boy whom she breastfed for 3 years. She has an AA and primarily focuses on human health care.

Kendall has also spent much of her time volunteering at a wonderful organization called Homestead 1839. This experience taught her a lot about the value of working within the community, and ways to help people have access to healthy foods. As a Breastfeeding Peer Counselor, Kendall hopes to learn more about the field of lactation while also helping those who are breastfeeding to find confidence in themselves.





**SHATERRA LEWIS**  
CHATHAM COUNTY

Shaterra is the mother of a 16-month-old whom she is currently breastfeeding. Shaterra absolutely loves learning and teaching. She would like to make a change in the breastfeeding world by advocating for mothers who feel like they are unable to breastfeed for an extended period. In her free time, she

enjoys spending time with her son at the park or going on various outings. One of Shaterra's favorite quotes is a song lyric by Whitney Houston: "I believe the children are our future."

**LATOYA CRUZ-CAMACHO**  
BREASTFEEDING NUTRITION  
ASSISTANT

LaToya was born in Jacksonville, FL and was raised in Savannah, GA. She is a mother to five children, all of whom she breastfed. LaToya loves to draw, listen to music, read and spend quality time with her loved ones. She wants to have a positive and helpful impact on her local community, starting with her desire to help normalize breastfeeding and show all mothers that they can make the best choices for their babies. A quote that LaToya lives by is "Do the best you can and don't stress about the small things that you can't change."





**BRIANA ROMAN**  
LIBERTY COUNTY

Briana currently nurses her eleven-month-old little girl and is thrilled to continue their wonderful breastfeeding journey. In addition to being a mom, she enjoys baking bread, antique shopping, painting, and learning new things. She recently graduated with a BA in Psychology and hopes to .

continue school soon. Briana would like to make a change in the world of breastfeeding through education and camaraderie; she hopes to shift the narrative from a potentially isolating experience to one that fosters connection and support to encourage a sense of unity among mothers.

**ASTRID LORENA OSPINA:**  
EFFINGHAM COUNTY

Lorena is originally from Colombia and now lives in Rincon. She has two children: a nine-year-old daughter and a six-year-old son. Lorena has almost three years of breastfeeding experience and is excited to add even more with baby #3 who will arrive in 2024. Before coming to Rincon, Lorena was living in Alaska where she was helping families breastfeed. She is very passionate about learning, teaching, and empowering others; she hopes that by bringing her knowledge into our community, she can support other families along their parenting journeys.



## Infants who are breastfed have reduced risks of:

- Asthma
- Obesity
- Type 2 diabetes
- Ear and respiratory infections
- Sudden infant death syndrome



# Connect with us!

To connect with a breastfeeding peer  
counselor, call us at  
**912-385-0330!**



[CoastalHealthDistrict.org/breastfeeding](http://CoastalHealthDistrict.org/breastfeeding)