



**Father's Day**  
June 16, 2024



**MESSAGE FROM MZCD STAFF**



Dr. Ronald Caldwell, Kontia Grant, Sapphire De'Bellott, and Barbara Anderson.

**Breastfeeding Impact**

- Signify cost savings (less than formula)
- Increased IQ/smarter
- Immunity, less illness
- Diaper—less smelly “poop”
- Decreased risk of breast cancer for mom
- Quicker return to pre-pregnancy weight for mom
- Less time missed from work due to illness
- Better jaw and tooth alignment
- Increased emotional bonding
- Increased athletic ability from better eye-hand coordination and motor development

**NATIONAL HEALTH OBSERVANCES**

Each month, one of MZCD's goals is to feature National Health Observances that support our mission to impact health parity and to heighten community awareness about health.

June is...

- Alzheimer's Disease**
- Sickle Cell Disease**
- HIV Testing (health.gov)**
- Men's Health Week (June 10-16)**

**ECHO** (*Enhancing Collaborative Health Options & Opportunities*)

**Breastfeeding Educational Session**

On May 30, 2024, Project NAF hosted an educational group session with the theme “Engaging Fathers/Partners/Support People.” Feedback from male attendees was IEP—Informative, Inspiring, Engaging, and Phenomenal!

Presently, we live in a bottle-feeding culture, which makes it hard to learn about breastfeeding. There are many ways in which our society undermines breastfeeding, including some of the following points:

- Many of us have never seen a baby being breastfed.
- Practically none of us have seen a toddler being breastfed. Even fewer people have seen a tandem-nursing mother.

- All of us, however, have seen many babies being bottle-fed, including babies propped with bottles.
- Images are embedded in our minds that bottle-feeding is the normal way to feed a baby.

Images of bottle-fed babies are abundant in movies and on TV, but breastfed babies are restricted to images of a starving woman with a malnourished baby at her breast. This gives us the impression that breastfeeding is for unfortunate, poor, uneducated, hungry people, and bottle-feeding is for modern and healthy women.



**Benefits of Breastfeeding**

*Did You Know?*

✓ Breastmilk contains all the nutrients your baby needs for at least the first six months of his life and

continues to be the most important part of his diet throughout the first year, supplying half or more of his nutrients till his first birthday, and up to one third to his second birthday.

✓ The colostrum your baby receives in the first few days, and the breastmilk that follows, contain antibodies that provide resistance to infection.

✓ The unique combination of fatty acids and other components in breastmilk contribute to optimal brain development, lack of these in formula-fed babies may result in lower intelligence.

✓ Ensuring your baby has only breastmilk for at least six months may help minimize allergy problems.

✓ Breastfeeding provides optimal development for infants' eyesight, speech, jaw, and oral cavity development.

✓ Non-breastfed babies have a lower resistance to disease and are more likely to become sick. Apart from the health

benefits, breastfeeding means fewer doctors' visits and less time in hospital with illness.

✓ Lack of breastfeeding is linked with a higher risk of Sudden Infant Death Syndrome.

✓ Non-breastfed babies are more likely to develop ear infections.

✓ Formula feeding may increase the risk of a baby developing juvenile diabetes in the future. It may also increase the risk of heart disease.

✓ Breastfeeding burns anywhere from 200-500 calories per day, which helps most moms return to their pre-pregnancy weight more quickly.

✓ Women who have not breastfed their babies have an increased risk of cancer of the breast and ovaries, heart disease, and osteoporosis.

✓ Because breastmilk is easy to digest and very nutritious, breastfed babies are able to help decide how much to eat and when to eat it.

✓ Exclusive breastfeeding can delay the return of menstruation for many women and decrease the likelihood of pregnancy if baby is less than 6 months old.

✓ Breastfeeding is convenient, and you have instant, pre-warmed, ready-to-serve food wherever you go. Apart from convenience, this saves money! No formula cost, numerous bottles to purchase, etc.

**How Fathers Can Connect with the Breastfeeding Mom**

Identify an area in the home that is deemed “her” breastfeeding area. Ensure that it is an area where she can relax and focus on feeding the baby. Have music, reading materials, or a television readily available for her convenience.

Assist her when she is dealing with getting a proper latch. Help her get comfortable and assist her in proper placement of the baby.

Take care of household duties while she is breastfeeding.

Provide food, drinks, and/or snacks to her while she is breastfeeding, if needed.

Take time to bond with the infant during her breaks.

Take care of baby after she breast-feeds—burping the baby, changing baby's diaper, putting baby down on their back to sleep, etc.

Connect with her as she breastfeeds. Offer words of encouragement, give light backrubs or massages if she likes that.

Do not engage in any discussions that may cause her stress prior to, during, or immediately after breastfeeding.

Pay attention to her behaviors, moods, and habits. If anything seems out of the norm, discuss it with her. If things continue to concern you, seek help/medical attention for her.

**MOUNT ZION COMMUNITY DEVELOPMENT, INC.**



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**Project EMPOWER**

Education Means Power—in collaboration with Community Partnerships to impact the Substance Abuse Crisis.

**OUR PARTNERS**

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