The UC Davis Breastfeeding Support Program

Sacramento Campus

* Classes and support groups
* Lactation consultations
* Hospital-grade breastpumps in designated lactation sites
* Lactation accommodation policies

Registration and information at: worklife-wellness.ucdavis.edu

**Classes:**

Get off to a good start and meet your breastfeeding goals after you return to work/school. Babies, partners and community members are welcome to attend. Taught by Shirley German, IBCLC, RLC.

11:30-1:00. Class locations: Ticon III, HR, 3-B Conference Room **and** Training & Development Room 2400.

RSVP to mpodoreanu@ucdavis.edu

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<th>Preparing for Breastfeeding</th>
<th>Continuing to Breastfeed/Return to Work/School</th>
<th>Introducing Solids</th>
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<td>September 15, 2016: 3B</td>
<td>November 17, 2016: 3B</td>
<td>October 20, 2016 (7106 Glassrock 12-1)</td>
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<td>January 19, 2017: Rm 2400</td>
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<td>May 18, 2017: 3B</td>
<td>July 20, 2017: Rm 2400</td>
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**Support Group Meetings:**

Meet other moms, encourage and learn from each other, and get help resolving breastfeeding difficulties.

- Monthly Mother-to-Mother group for employees and students. Babies and partners welcome to attend. Facilitated by Shirley German, IBCLC, RLC. Second Friday of each month, 11:30-12:30, 9/9, 10/14, 11/4, 12/9, 1/13, 2/10, 3/10, 4/14, 5/12, 6/9, 7/14, Davis Tower, Room 8712 except for the 11/4 class held in Room 7705.
- Weekly community/patient/employee group meets each Thursday, from 10:00-11:00 Glassrock Building, 2521 Stockton Blvd. Room 7106. Facilitated by Debbie Albert, BSN, PhD, IBCLC. This group is open to the community in addition to participants of the UC Davis BFSP.

**Lactation Consultations:**

Contact Debbie Albert, BSN, PhD, IBCLC. Voicemail: 916-734-7591 Vocera: 916-734-0775

**UCDMC Pump Rentals:**

University Birthing Suites/Women’s Pavilion, Tower 3, Room 3674.

Participants are responsible for purchasing their own pump kit either through their medical insurance or internet sites. Hospital grade breastpumps are available in designated lactation sites.

Pregnancy Leave Workshops offered through Training and Development

The UC Davis Breastfeeding Support Program is provided by Human Resources with collaboration from the Foods for Health Institute and the Children’s Hospital.