

Davis Classes and Groups

- **Preparing for Breastfeeding: December 15, 12:00-1:00 Room E SCC**
- **Continuing to Breastfeed When you Return to Work/School: November 10, 12:00-1:00 Room E SCC**
- **Support Group Meetings: October 21, November 18, December 16, 12:00-1:00, SCC Room C**

UCDHS Classes and Groups

- **Continuing to Breastfeed When you Return to Work: Nov 17 11:30-1:00 Ticon III 3B**
- **Introducing Solids: October 20 12:00-1:00 7106 Glassrock**
- **Breastfeeding Clinic and Community Support Group Thursdays 10:00 – 11:00, Glassrock Building Room 7106**
- **Mother-to-Mother Support Group, 11:30-12:30, November 4 Davis Tower 7705 December 9, Davis Tower 8712**

Old News

You can find our archived newsletters on our [BFSP News Page](#). If you are new to the program please refer to the [Fall 15](#) edition for some good general information on using the lactation rooms.

New Rooms

Please note, we have installed keypads on many existing Davis campus rooms for health and safety reasons. The code for these new keypads is 2377# Davis Campus:

- International Bldg. now open, room 2105,2377#
- Memorial Union, coming soon
- Museum of Art, coming soon
- Vet Med Admin. & Student Services, coming soon
- Hopkins Road Site, coming soon

Sacramento Campus:

- Midtown Clinic now open, room 1260

Questions for your Health Care Providers

Breastfeeding is a process that takes time and practice to master. A number of health professionals can provide assistance, support and information about breastfeeding. How do families know which health professional can help with which challenge? How do families know what questions they should be asking to get the help they need?

Prenatal breastfeeding classes provide information about how lactation works, how to manage the process of breastfeeding, how to avoid or confront some common breastfeeding challenges, and how to care for mother's breasts.

Obstetricians should discuss breast injuries/surgeries with mothers, provide maternal postpartum care, address a mother's general health, and treat infections (such as Mastitis) with medications that are compatible with breastfeeding.

Family Physicians, and Certified Nurse-Midwives may have the skills and training to assess mother and child and may advocate breastfeeding, but, may not have the time within their schedule to observe a breastfeeding session and establish a feeding plan that coordinates a mother's milk supply with her baby's growth.

Pediatricians specialize in the medical care of infants, children and adolescents. The evaluation of breastfeeding usually focuses upon the requirements of the baby and may not take into consideration coordinating a mother's milk supply with her baby's growth.

Lactation Consultants (IBCLCs) have the knowledge and skill to provide comprehensive breastfeeding support and management for both mothers and infants. Most hospitals have Lactation Consultants on staff and many Labor and Delivery nurses are trained to assist with breastfeeding.

Some healthcare clinics offer outpatient lactation services; and some Lactation Consultants may contract privately to come to your home. The [Affordable Care Act](#) states that "Health insurance plans **must** provide breastfeeding support,

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In the News

[*Breastfeeding Saves Mothers Lives Too.*](#)

Davis Enterprise, October 2 "Breastfeeding helps prevent cancer, diabetes and heart disease, yet many women have no idea breastfeeding has any of these benefits."



Did you know?

Safety Services has information concerning safety in the workplace during pregnancy:

- [Pregnancy and Reproductive Hazards in the Workplace: Chemical and Radiological Hazards](#)
- [Pregnancy and the University Workplace](#)

Milk Donor Drive

Breastfeeding mothers with an excess of expressed breast milk or an increased milk supply, can participate in our UC Davis Milk Donor Drive, Monday, December 5, 9:00 am--2:00 pm. at the Robert Mondavi Institute, South building, Room 1207.

Breast milk donations fulfill an important role in providing enhanced nutritional support for the most fragile and critically ill infants. The San Jose [Mothers' Milk Bank](#) is a non-profit human milk bank dedicated to providing donated breast milk to infants that need it most. They are a charter member of the Human Milk Banking Association of North America (HMBANA), distributing over 500,000 ounces of processed, donated milk to more than 114 Neonatal Intensive Care Units (NICUs), yearly.

Look for details and information on additional area drives in the next few weeks. Read our previous article on milk donation from the [Spring/Summer 14](#) edition.

Lactation Policy Guidelines

We have assembled a simple one page [guide](#) for lactation accommodations at UC Davis and UCDCMC. It's a good overview for supervisors and employees. See attached PDF.

Support Group Speakers

On Thursday, November 4, our Sacramento campus support group will welcome Amy Zipp, Women's Health Specialist/Occupational Therapist. One of Amy's clinical interests is pelvic rehabilitation. She will address the importance of building and maintaining the pelvic floor especially during and following pregnancy.

On Thursday, November 18, our Davis campus support group welcomes Michaela DeBolt and Chelsea Cook from the UC Davis Infant Cognition Lab. The lab, within the Center for Mind and Body, explores the development of fundamental cognitive systems and their interactions, including attention, categorization, and memory. Some of their research involves studying the relationship between nutrition and early cognitive development. The Infant Cognition Lab is interested in understanding the baby's developing mind; particularly investigating infants' memory, attention, and categorization. Join us to learn about early development and opportunities to be involved in infant research.

There will also be time during these support groups to discuss regular challenges and concerns with your peers.

Questions ...continued

counseling, and equipment for the duration of breastfeeding. These services may be provided before and after birth." Contact your individual plan to find out how to get reimbursed for breastfeeding services. Contact information for UC Davis Medical plans is available at our [website](#).

Mother-to-Mother Breastfeeding Support Groups such as those found at UC Davis, La Leche League, and WIC can help mothers to connect with other mothers experiencing similar challenges while encouraging them to reach their breastfeeding goals.

You may have many questions when meeting with your or your infant's healthcare provider. Following are a few fundamental questions to ask to get the most out of the time spent with your or your baby's doctor:

- How often should I be feeding my infant/baby?
- Do I need to offer both breasts at every feeding?
- How do I know that my baby is getting enough milk?
- My breasts feel like they're going to explode. What should I do?
- Which growth charts do you use?
- Do I need to supplement my baby? Can I use my expressed breast milk to supplement?
- Is it normal to feel pain when breastfeeding?
- My husband wants to help with feedings. Can he give the baby a bottle?
- My baby keeps falling asleep at the breast. How do I keep her awake?
- I've been feeling like I have the flu. Can I continue to breastfeed my baby?
- Can you refer me to a Lactation Consultant for further assistance?

Wherever you choose to get your care and advice, ensure that you have access to evidence-based breastfeeding knowledge and that you're asking the questions necessary to support and inform you about your breastfeeding needs.