

Davis Classes and Groups

- **Preparing for Breastfeeding June 23, 12:00-1:00 Room C SCC**
- **Continuing to Breastfeed When you Return to Work/School July 28, 12:00-1:00 Room E Student Community Center**
- **Support Group Meetings June 17 & July 15 12:00-1:00, Student Community Center**

UCDHS Classes and Groups

- **Continuing to Breastfeed When you Return to Work June 16 11:30-1:00 Ticon III 3B**
- **Breastfeeding Clinic and Community Support Group Thursdays 10:00 – 11:00, Glassrock Building Room 7106**
- **Mother-to-Mother Support Group facilitated by Shirley 11:30-12:30, Main Hospital, Tower DCR1655 Boardroom: July 8, September 9**

News and Bits

- Read this UC Berkeley Greater Good Science Center Article, "[Ten Changes New Parents Face](#)" and explore how your body, mind and soul changes when you become a parent.
- In conjunction with campus child care provider, Campus Child Care Inc., we have created a new brochure "[Promoting and Supporting Breastfeeding in Child Care Settings](#)" to assist families and child care providers in reaching breastfeeding goals. Take a look and feel free to share with your child care provider.
- Looking for that one, small, breastfeeding pump part or accessory? Call or email Shirley first, she has a collection of pump flanges in various sizes, pump valves, tubing adaptors, adaptor caps, etc., for many of the Ameda pumps as well as some different sized flanges for Medela pumps. Thanks to those who have donated their various leftover parts and accessories to the Breastfeeding Support Program. If you and your baby have weaned and are looking for a good home for various parts, please consider donating them to us.

Expectant Mother & Postpartum Resources

Pregnancy and childbirth can take a lot out of you, especially during the warm months of summer. If you're facing physical or medical challenges with your pregnancy or postpartum period, there are a number of modifications and accommodations available to assist and support you at work.

Federal:

- [Pregnancy Discrimination Act](#) (PDA)
- [Family and Medical Leave Act](#) (FMLA)
- [Americans with Disabilities Act Amendments Act](#) (ADAAA)

University of California:

- [Absence from Work](#)
- [Academic Personnel Leave & Active Service](#) – Modified Duties
- [Accommodations for Nursing Mothers](#)

UC Davis:

Davis campus

- Maternity Benefits: [Courses](#)
- Transportation: [TAPS Disabled Parking](#), [DMV](#) Issued Placards, Temporary Medical permits
- [Disability Services](#) (Human Resources)
- [Davis Campus Parking Map](#)
- [Davis campus Mobility Assistance Shuttle](#)

Sacramento campus

- [Pregnancy Leave](#)
- [Maps](#) and Directions

Lactation Rooms

While reviewing the BFSP evaluations, the aspect with the least satisfaction is with the condition of the lactation rooms. Please note, we only have control over the pump and information provided and not the rooms themselves. This responsibility falls to each building and the process for securing these services is different based upon the individual building...the best place to start is with the building's business office. Remember, come by [our office](#) any time to pick up wipes for the rooms.



Summertime Safety

Summertime – days are longer, nights are shorter. Families take advantage of this and the warmer, drier weather and head outside to relax in the pool, the garden, on a beach, or in a park. As welcoming as this may sound, these activities carry some considerations also.

Check out the following links to keep your baby and family comfortable and safe:

- [Making Your Baby Comfortable in the Summer Heat](#)
- [Breastfeeding and the Holidays](#)
- [Summer Safety for Infants and Toddlers](#)
- [UC Davis Zika Virus Public Awareness Symposium](#)

Guest Speaker on Child Care During July Support Groups

Choosing good child care is one of the most important decisions you'll make for your family. Shelby Faria, Director, La Rue Park Child Development Center, UC Davis will be a guest at our two support groups in July and will facilitate a discussion on how to go about choosing the right childcare situation for you and your family. We are incorporating guest speakers into a few of our support groups this year—so pay attention for notices on these!

Shelby will join us:

- Friday, July 8, from 11:30 – 12:30, in the main hospital, Tower D, Conference Room 1655 (across from the Rhino Café), Sacramento; and,
- Friday, July 15, from noon -- 1:00 pm, in Room E, of the

World Breastfeeding Week

On September 25th 2015, the United Nations and its partners adopted a set of goals to **end poverty, protect the planet, and ensure prosperity for all** as part of a new sustainable development agenda. Each goal has specific targets to be achieved over the next 15 years.

This year, World Breastfeeding Week will be August 1-7. The theme of the week is: *“Breastfeeding, A key to Sustainable Development -- how breastfeeding is a key element in getting us to think about how to value our wellbeing from the start of life, how to respect each other and care for the world we share.”*

Across two campuses, UC Davis research is taking a leadership role in developing sustainable solutions in a number of areas, whose impacts can be felt around the world. The Breastfeeding Support Program is proud to promote, educate and support breastfeeding in an ongoing commitment to firmly anchor breastfeeding as a key component of sustainable development.

Stay tuned to what we're going to do to celebrate this year!



WORLD BREASTFEEDING WEEK 2016
BREASTFEEDING
A KEY TO SUSTAINABLE DEVELOPMENT

2016 IBCLE/ILCA Award

The UC Davis' Breastfeeding Support Program has once again received professional recognition for its dedicated lactation support program. The Davis campus program has been awarded the IBCLE/ILCA Community-based Care Award. This award is presented every two years, by the International Board of Lactation Consultant Examiners (IBCLE) and the International Lactation Consultant Association (ILCA), in recognition of programs, services and activities that best promote, protect and support breastfeeding within their community. This is the second time that our Davis campus program has won this award. Our Sacramento campus program received the Hospital-based Care Award, also for the second time, last year.

The Community-based Award was presented this year in recognition of four new projects that have been initiated in the past two years:

- Professional collaboration with two of the vendor-operated child care centers on the Davis campus. Goals are to provide regular, parent education and related teacher training regarding how to best promote and support each center's 'Standards of Practice' with regard to the continuation of breastfeeding when moms return to work or school;

- An increase in the number of support groups and foundational breastfeeding classes to provide parity and equitable access to both UC Davis campuses/all UCD affiliates;

- Increased collaboration with colleagues on our Sacramento campus to provide one broad and comprehensive program for the entire UC Davis community; and,

- A chapter in "Breastfeeding Best Practices in Higher Education", (Vancour & Griswold, Hale Publishing, 2014). This book is to serve as a reference for other educational and business institutions, with the goal of meeting national public policy initiatives.

The Breastfeeding Support Program provides university affiliates and their partners with lactation consultations, support group meetings, educational breastfeeding & infant nutrition classes, and the use of hospital-grade breast pumps in nearly 40 lactation sites on the Davis campus and 11 sites on the Sacramento campus. The program is run through WorkLife & Wellness, a unit of Human Resources; and, is sponsored by the Foods for Health Institute and the Women's Resource and Research Center.