

Davis Classes and Groups

- **Continuing to Breastfeed/Return to Work/School, June 8, 12-1 Room E SCC**
- **Introducing Solids and Weaning, July 13, 12-1 Room E SCC**
- **Support Group Meetings: June 16, July 21, 12:00-1:00, Room C SCC**

UCDH Classes and Groups

- **Continuing to Breastfeed/Return to Work: July 20 Ticon III Room TD2400**
- **Breastfeeding Clinic and Community Support Group Thursdays 9:30 – 11:30, Glassrock Building Room 7106**
- **Mother-to-Mother Support Group, 11:30-12:30, June 9, July 14**

New Lactation Rooms

It was a busy year in construction so we have many wonderful new rooms!

- Shrem Museum Room 1011
- Vet Med Student Services Building Room 1123
- Memorial Union Room 242
- International Building Room 2105
- Satellite ANR location at 2801 2nd Street. Room 214

We will be adding some to UC Davis Health by the end of the summer...so stay tuned!

News and Bits

- We have posted videos on how to use the pumps and pump kits on our [website](#) and have posted the URL in the rooms as well.
- Remember we have a lending library of actual books at our office near the Silo. We just ordered a new book, [Work. Pump. Repeat.](#) that we think you may enjoy...come check it out!
- Shirley will be out of the office for most of the month of August. She will be checking her email less routinely during this time.

Return to Work and Breastfeeding

Transitioning back to work while continuing to breastfeed can be stressful. The logistics of returning to work...finding the right child care, learning how to express, handle and store our precious breast milk, and distributing household or sibling responsibilities can seem overwhelming. Additionally, finding the kind of flexibility and support we need at work to support all of these logistics can add to the stress.

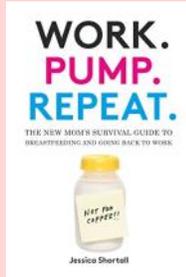
- Print our [Guidelines for Lactation Accommodation](#) which summarizes the UC Davis and UC Davis Health policies and guidelines for employees and supervisors.
- During your pregnancy, provide the Guidelines to initiate a discussion with your supervisor. Most supervisors want to support you and may benefit from some guidance in knowing how they can best do that. Talking early gives you and your supervisor time to make plans and arrangements during your absence.
- Discuss preferences you would like surrounding your return to work. Visit our [Workplace Flexibility](#) page to see potential options to help you and your supervisor make a plan.
- Take as much leave as you can. Studies indicate that a longer maternity leave maximizes milk supply and breastfeeding duration. Attend one of the campus [Maternity Benefits Classes](#) or [Pregnancy Disability Leave](#) to learn how to navigate and maximize your personal maternity leave.
- Continue to check in and discuss your lactation and work plan with your supervisor during your maternity leave and after returning to work – what's working/what's not.
- Talk with your co-workers that have breastfed while working in your department. If coworkers needed to cover for you while you were out, consider returning the favor when they need your help.

Helpful Resources:

- [Making it Work for Moms](#) New York State Department of Health and WIC.
- [Advice for Successfully Returning to Work After Maternity Leave](#) Modern Mom (just ignore the part about having baby on a schedule).
- [Six Tips for Returning to Work After Maternity Leave](#) US News and World Report
- [Transitioning back to work after a new baby? There's now a class just for that](#) Washington Post

Work. Pump. Repeat.

We have purchased multiple copies of the book, *Work. Pump. Repeat. The New Mom's Survival Guide to Breastfeeding and Going Back to Work*, by Jessica Shortall. They are available for check-out at our office at the Heitman Staff Learning Center (part of the Silo complex). You can also ask Shirley if she can check one out and bring one to the support groups or classes. Jessica is a mother of two, was a Peace Corps Volunteer in Uzbekistan, holds an MBA from Oxford University and was the first director of giving for TOMS Shoes for five years. The book is described as a back-to-work survival guide with tips as well as funny, relatable stories from the trenches. You may remember an invitation to a lecture at USF—here is a [link](#) to that presentation by Jessica.



Family Bathrooms on Campus

As many of you know, the lactation sites on each campus are available to working mothers that need to express their milk in private, secure spaces since they are away from their breastfeeding babies. These mothers have priority use of the rooms at all times.

On occasion, visitors may find these rooms to be convenient to feed their babies directly. While this can be an acceptable use of the room when not needed by a pumping mother, diaper changes in these rooms are strongly discouraged in compliance with sanitary regulations. Diapers may be changed and disposed of in gender inclusive restrooms.

Gender inclusive restrooms provide a number of services. They are typically single-stall, lockable bathrooms. Gender inclusive bathrooms are available to people of all genders and sexes and provide a safe, private facility for families with children. At this time, the Campus Design Guide “will require facilities to provide a baby changing table inside of the gender neutral restroom, if the facility also contains a lactation room.” This requirement will only apply to projects that began design within the last year.

WorkLife & Wellness, recognizes the need for families to have secure places to change babies & toddlers while participating in events on campus. In the next few months, we will be advocating for appropriate volumes of change tables and signage followed by a published list of change table locations.

Yearly Evaluation

Each year we ask for feedback about our programming. We are always striving to serve your needs as well as provide a safe and inclusive environment for our pregnant and breastfeeding moms. Please complete our Breastfeeding Support Program Evaluation by June 7. Link: <https://www.surveymonkey.com/r/CQMBTRK> After completing—be sure to click on the next link to enter the drawing to win your own copy of *Work. Pump. Repeat.*

Pump Related Injuries

Maintaining adequate milk supply is critical for continuing to breastfeed. Breast pumps provide mothers the ability to continue to breastfeed their babies when they're separated by the return to work or school. Using a breast pump is something that requires learning and practice.

Pump-related problems or injuries and associated risk factors from handling your pump incorrectly, may not be easily identified and may even result in early unnecessary weaning. According to an article published in the *Journal of Human Lactation*, the most common problem reported by mothers while pumping at work is that they do not express sufficient milk when pumping. The most common injury reported was sore nipples.

Pumping techniques, poor fit and incorrect pump settings can be associated with low milk expression, nipple pain and even breast tissue damage.

Proper Pumping Techniques:

- Use the hospital-grade pumps as provided by the BFSP; double pump at each session;
- Ensure that your nipple is centered within each of the breast pump flanges;
- If you notice that your milk supply is beginning to decrease in volume, increase the frequency of pumping times by shortening the interval between pumping sessions rather than increasing the duration of pumping. This stimulates your breasts more often which better stimulates milk production. This increase in frequency need not be permanent. Once you note that your supply is rising to its previous volume, gradually begin to increase the amount of time between sessions again;
- Use [massage/compression](#) prior to setting up your pump and maintain this technique during pumping;
- Ensure you maintain a good seal between the flange and your breast by supporting

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Pump Related Injuries ...continued

your breast. Avoid pushing the edges of the flange into your breast tissue. This can result in blocked milk ducts;

- Once your milk stops flowing, continue to pump another 3-5 minutes. If no more letdowns happen, turn off your pump, and;
- Cup each breast with a hand, lean forward and give your breasts a gentle shake. Hand-express the residual milk that the pump may not have removed from your breasts.

Proper Pump Fit:

The fit of your breast pump flange is key to your milk production as well as your experience with pain. Over the course of your breastfeeding experience, the size of your pump flange may need to be exchanged. You may need different sized flanges during engorgement, when your breasts are less full, or, as the width of your breast nipple changes with ongoing use. You may even find that you need different sizes for each breast.

Please refer to the you tube link on our website, [“Choosing your Personal Fit breast shield size/Medela”](#) for a video illustrating how flanges should fit.

Pump settings:

Once the milk removal stage of your pumping session has started, increase the suction setting until pumping begins to feel uncomfortable (*but not painful*) and then decrease the suction, slightly, to a comfortable level. Some pumps will have a number that you can then set your suction to each time. Adjust suction levels on occasion, as needed.

Breastfeeding mothers can reduce their risk of problems and injury by learning effective breast pump and milk expression skills. The BFSP class “Continuing to Breastfeed when Returning to Work or School” includes instruction on how to fit and operate breast pumps especially those pumps located on each of our campuses.

Our next “Continuing to Breastfeed when Returning to Work or School” classes will be:

- Thursday, June 8, Davis campus
- Thursday, July 20, Sacramento campus

Timely News

Remember to check out our past BFSP newsletters. You might find the feature articles in Fall, 2012 -- “Breastfeeding and the Holidays”, and, Winter, 2017 -- “Travel while Breastfeeding” to be especially informative over this summer season. Each of our newsletters can be found under the sidebar [News](#) on our website. The feature article within each newsletter has been provided for a convenient reference.

Also, one of our favorite Wellbeing sites, The Greater Good Science Center has good science-based information on wellbeing. Check out this recent article on “Mom Brain:”

- [Why “Mom Brain” is Good for Mothers and Babies](#)
Greater Good Science Center, UC Berkeley

One travel stop this year for me was a 10th Century Hindu Balinese water temple; Tirta Empul, where I found this statue. I appreciated how this statue illustrates the universality and timeless of breastfeeding, as well as the celebration of motherhood. ~Sandy



Lactation Room Etiquette Tip:

It's always a good idea to knock on the door before you enter the keypad number or attempt to open the door. Sometimes moms forget to change any signage and you can never really assume the room is occupied nor unoccupied unless it is the type of door that has the actual lock-engaged signage. A few knocks on the door can solve the mystery and ensure some privacy for those inside. Also, try to remember to use the door signs and remove when finished.