

Davis Classes and Groups

- **All classes: 12:00-1:00 Room E SCC**
Introducing Solids: February 9.
- **Preparing for Breastfeeding: March 9**
- **Continuing to Breastfeed: April 13**
- **Support Group Meetings: Feb 17, March 17, April 21, 12:00-1:00, SCC Room C**

UCDHS Classes and Groups

- **Continuing to Breastfeed When you Return to Work: March 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, 11:30-12:30, Feb 10, March 10, April 14**

Meet our Guest Speaker

Hamid Fonooni, a specialist with Occupational Health Services, was a guest speaker at our Davis campus mother-to-mother support group meeting on Friday, January 20, 2017. Hamid introduced us to a selection of ergonomic “do’s and don’ts” as well as health and safety accommodations available to women, during pregnancy. Information and accommodations presented at this meeting are referenced on our new [Maternity website](#) page and link with other departments and services across the Davis campus.

News and Bits

- We’ve just launched a new dedicated page to “[Maternity](#)” on our website. Expectant and new moms can find information on benefits, workplace health and safety (see above) as well as local support groups.
- The Human Milk Bank Drive, co-sponsored by the BFSP and the San Jose Mothers’ Milk Bank, collected a total of 1095 oz. of milk from 5 area moms on Dec. 5. We extend gratitude to our participants. Refer to [this site](#) if you would like to know more about how to donate milk.

Have Baby...will Travel

Many of our UC Davis breastfeeding mothers find themselves separated from their babies to attend conferences, conduct research and present papers. In addition to preparing for these academic challenges, breastfeeding mothers need to consider leaving enough milk; protecting their milk supply; when and where to pump; and how to store and transport breast milk during their absence. Here’s some tips on how to plan...

1. Leave enough milk for your baby.

- Just as you prepare for a day at work absent from your baby, leave enough milk for the total number of feedings that you will be away.
- This may require several days/weeks of extra pumping sessions to collect sufficient quantities. Include already frozen milk in calculations.
- If you’ll only be gone for a few days consider not freezing milk, but leaving it in the refrigerator. Milk will last for 4-6 days in the fridge. Store in individual bottles or one large container, preparing as needed.

2. Protect your milk supply during your absence.

- Ensure that your baby’s caregiver is familiar with your baby’s feeding routine and methods.
- Plan to take your pump with you in your carry-on bag, or, try out a manual/hand pump ahead of your trip to ensure that it will provide sufficient stimulation to get your typical volume of milk.
- Have all your pump parts and accessories packed together in one carry-on bag. Check with your specific airline regarding carry-on bag restrictions.
- Many mothers will pump and dump during their absence as a means of maintaining milk supply. Check the region of your travel as many milk banks will provide the support for you to donate this milk.
- Alternatively, confirm with your hotel, or other accommodation,

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Meet our new Lactation Consultant at UCDMC

We would like to introduce our new LC at the Medical Center who is available to help you with your lactation concerns: **Adara Blake, IBCLC**

I've always been interested in birth and babies, but I started out as a speech-language pathologist with a specific interest in children with feeding and swallowing disorders. I got my IBCLC certification through the Mary Rose Tully Training Initiative at the University of North Carolina at Chapel Hill when I was doing my Masters in Speech-Language Pathology, and did per diem lactation work in Philadelphia after working as an SLP at the Children's Hospital of Philadelphia. I quickly learned that I loved working with moms and babies on breastfeeding way more than I enjoyed working as an SLP, so I started seeking a full time lactation consulting job over the summer and that brought me to UC Davis. It was a big move but I already feel like a California girl. Outside of work I'm a huge theatre nerd and enjoy going to see shows, so I'm excited that Sacramento has such a great theatre scene.

Welcome to the team Adara! Adara can be reached at 916-734-8751

Helpful Resources for Parents

- [The Pregnant Scholar](#) Overview of Title IX protections
- [Know Your Rights: Breastfeeding](#) from site above
- [A Postdoc's Guide to Pregnancy and Maternity Leave](#) National Postdoctoral Association (NPA)
- [A Postdoc's Guide to Paternity Leave](#) NPA
- [The Effects of Workplace Hazards on Female Reproductive Health](#) CDC, National Institute for Occupational Safety and Health
- Good science news about breastmilk: [Wiley.com](#)

Tree of Life Art

The [Tree of Life Breastfeeding Movement](#) has a gallery of 21 artistic images like the one here. Women have taken to social media in a viral campaign to normalize breastfeeding, posting beautifully edited images of themselves nursing. Join the movement:

[#normalizebreastfeeding](#)



Have Baby...will Travel...continued

(*ahead of your arrival*) that they can provide a refrigerator in your room.

3. Determine when and where to pump.

- Typically, in order to maintain your milk supply at the level you had when you left, you will pump as often as you would feed your baby were you to be with them.
- If you have a pumping pattern already established, add a few more sessions for optimal maintenance of supply.
- Practice relaxation and hand expression techniques during expression, to ensure effective milk removal.

4. Consider storing and transporting breast milk.

- If you choose to bring your expressed breast milk home, [check with TSA](#) regarding security regulations.
- Breast milk can be stored ([CDC guidelines](#) for proper handling and storage of human milk) in an insulated cooler bag, in contact with ice packs, for up to 24 hours.
- Some mothers consider shipping their breast milk home. This decision depends on how much milk you have to transport, how much your baby needs in volume, how long you will be away from your infant, and how expensive the cost of shipping. [FedEx](#) has a program in place and there are also companies (just do a search milk + shipping) that specialize in managing the process.
- Travel Recommendations for a Nursing Mother ([CDC page](#))