



New Support Group at Vet Med

To meet demand we have established an additional noontime support group in the Health Sciences/Vet Med district. Anyone may attend and you do not have to be in a certain area to attend certain support groups. Gratitude to Veterinary Medicine for providing room 1023 at Gladys Valley Hall. For a schedule of all 2014/2015 support groups and classes please visit our [website](#).

Upcoming Groups & Classes

- **Preparing for Breastfeeding Nov. 13, 12-1**
- **Continuing to Breastfeed When you Return to Work/School January 22, 12-1**
- **Central Campus Support Group Dates: November 21, January 16, 12-1**
- **Vet Med/Health Sciences Support Group Dates: Sept 24, November 19, 12-1**
- **UCDMC/HS support group meets every Thursday, 10-11, 7106 Glassrock**

Additional Class Offered at On-Campus Child Development Center

In collaboration with the campus Child Development Centers (Hutchison, LaRue Park and Russell Park) and the Early Childhood Lab School, Shirley German, IBCLC, RLC will be teaching "Continuing to Breastfeed When you Return to Work/School" on Wednesday, November 12 from 4:30-6:00 pm. The class will be hosted by the LaRue Park and Russell Park CDCs and will be held in the Russell Park CDC Community Room. Parents with children attending any of the four on-campus centers are welcome to attend. Light refreshments will be served.

National Work and Family Month

In 2003 the U.S. Senate designated October as [National Work & Family Month](#), to celebrate the importance of employer-sponsored work-life programs. "Effective workplaces have policies and practices that benefit both the organization and the employee." (Families and Work Institute *National Study of the Changing Workforce*, 2011).

WorkLife & Wellness, a department within UC Davis Human Resources, provides a number of programs that support family care, workplace flexibility, and more. One family friendly program within this department is the [Breastfeeding Support Program \(BFSP\)](#).

The Center for Disease Control guide to [Support for Breastfeeding in the Workplace](#) states "several studies indicate that support for lactation at work benefits individual families as well as employers via improved productivity and staff loyalty; enhanced public image of the employer; and decreased absenteeism, health care costs, and employee turnover."

We recently conducted our annual program evaluation survey to assess our programming and the following are some comments received from members...

"It is refreshing to have a university program that encourages and empowers breastfeeding mothers, rather than just "accommodating" them."

"The lactation sites were a HUGE help to me. They gave me convenient, private places to pump. It allowed me to meet my breastfeeding goal of one year Thank you for the program. It made it possible to start my family while in graduate school."

"I very much appreciated the option to be able to pump while attending school. A true lifesaver. Thank you."

"I feel very lucky to work in an environment that is so supportive of my choice to breastfeed. I'm grateful."

continued ...



Work and Family Month continued ...

"In talking with colleagues at other institutions of higher education, UC Davis is leading the way in providing such breast feeding support to its staff, students and faculty. UC Davis should be very proud of this program and should serve as a role model for other institutions. It would be hypocritical of Davis to have top research in human lactation and then not heed the recommendations that flow from this research."

If you would like to add your voice to these testimonials, we invite you to submit your comments to: worklife@ucdavis.edu. Your remarks, along with any photo we encourage you to share, will be included on our [website](#). Read our other [worklife success stories](#) to inspire you! Thank you to all of our families that strive to bring their best to work and to life!

Off-hours Sites...

To support mothers that may need access to lactation sites after typical work hours, here's a list of Davis campus rooms available after hours and on weekends:

- ◆ [ARC](#)
- ◆ [Memorial Union](#): available until the end of December; a new and improved lactation site will open upon completion of construction.
- ◆ [Shields Library](#): with current student/staff library privileges card, key at circulation desk.
- ◆ [Student Community Center](#): available during operational hours.
- ◆ [Scrub Oak Room, Tercero 3](#) (yet to be completed, but getting close!)
- ◆ [Segundo Hall and Wall Hall](#) (Tercero) Monday–Friday: 8am–11pm, Weekends: Noon –11pm (access card at respective service desks).

Lactation sites within those buildings that UC Davis students/staff hold individual keyed access to are available as always.

New Staff Member to Tidy Rooms

Many of you may have had the pleasure of meeting Debra Dulude, a recent addition to our WorkLife staff. Debbie is striving to keep the Davis campus lactation sites tidy, clean and stocked with information and supplies. With mothers using some sites 3 or more times a day, we ask for your assistance in maintaining a daily level of cleanliness. If your building has a building manager, please ask them for assistance with custodial services. If you are using a site within a building outside of your department, you may contact Debbie at: debdulude@ucdavis.edu for assistance. As always, in consideration of the next participant, we ask that you tidy up and clean up any spills prior to leaving the room. Thank you so much for your help!

In the News...

- ◆ "In September, 150 parents, engineers, designers and healthcare givers gathered at the MIT Media Lab for the '[Make the Breast Pump Not Suck](#)' Hackathon, "established to seed ideas, connections and projects that will make the breast pump experience not suck so much." Five designs were recognized or awarded for their ingenuity.
- ◆ Check out the latest article posted on our website under the [News](#) tab: "[Miracle Food, Unraveling the Mysteries of Mother's Milk](#)" a collaboration of UC Davis researchers from across both campuses, continue to unravel the mysteries of mother's milk. The goal of the research is to deconstruct milk, determining the bioactivity of its components and their role in developing the gut microbiota of infants.
- ◆ Governor Jerry Brown [recently authorized](#) lactation rooms at all major California airports.
- ◆ Along with celebrating "[National Work & Family Month](#)" in October, we are also celebrating "[Breast Cancer Awareness Month](#)." Many studies support the benefits of breastfeeding for both mother and baby. The following studies and articles report how breastfeeding may be linked to reduced instances of breast cancer:
 - [Lactation Linked to Reduced Estrogen Receptor-negative, Triple-negative Breast Cancer Risk](#)
 - [Breastmilk as a Tool to Shed Light on Breast Cancer](#)
 - [Breastfeeding and Breast Cancer:](#)
 - [Reproductive Factors and Breast Cancer Risk among Older Women](#)

Lactation Site Etiquette Request

In response to several requests for signs to signify when a site is in use, the Breastfeeding Support Program has provided each lactation site with *occupied* hangers for the door handle. It has been brought to our attention that these signs are occasionally forgotten on the outside of the door, indicating that the room is still in use. Please ensure before leaving that the door sign has been returned inside the room...thank you!

**Room
In Use**

