

Davis Classes and Groups

- **Continuing to Breastfeed When you Return to Work/School** SCC Room E November 19
- **Preparing to Breastfeed** SCC Room E January 28
- **Mother-to-Mother Support Group:** SCC Rm. D: November 20. January 15 Rm. E

UCDHS Classes and Groups

- **Preparing for Breastfeeding** December 10, 11:00-12:30 Ticon III HR Room 2400
- **Breastfeeding Clinic and Community Support Group** Thursdays 10:00 – 11:00, Glassrock Building Room 7106
- **Mother-to-Mother Support Group** facilitated by Shirley will start in January 2016.

News and Updates

- We have opened up a new lactation site at Vet Med 3A. The room is located on the third floor near the northeast elevators, room 3306. Obtain a key at the front desk (4206) from Jason or Allie.
- We have added a second station in the Ellison Ambulatory Center Lactation site. It will soon have two pumps.
- The lactation site at 1850 Research Park now is locked. For access, please check out a key from Lori Dana at ladana@ucdavis.edu/754-7838.
- The Affordable Care Act requires health insurance plans to provide breastfeeding support, counseling, and equipment for the duration of breastfeeding. Your health insurance plan must cover the cost of a breast pump, either a rental unit or new one you'll keep. However, different providers afford different things. We have made a [provider list](#) which you may find helpful. As we cannot actually order supplies from them, please give us any feedback from your experiences so we can add to the PDF to make the process easier for others.

Accomplishing Breastfeeding Goals

Evidence-based research, healthcare professionals and clinicians, health and nutrition programs at every administrative level all promote that breast is best.

“Breast milk is widely acknowledged as the most complete form of nutrition for infants, with a range of benefits for infants' health, growth, immunity and development.” -- Healthy People 2010, Centers for Disease Control and Prevention, Atlanta, Georgia

“The American Academy of Pediatrics reaffirms its recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant.” -- [Policy Statement, revised: March 1, 2012](#)

“Exclusive breastfeeding for 6 months has many benefits for the infant and mother.” -- World Health Organization, *Infant and young child feeding fact sheet No 342, July 2015*

According to the [2014 Breastfeeding Report Card from the CDC](#), 88% of mothers in California initiate some amount of breastfeeding within the first 48 hours following the birth of their infant. By 3 months of age, breastfeeding rates have dropped to 56% and by 6 months of age, to 31%. Exclusive breastfeeding rates are even lower.

If breast is best and a significant number of mothers initiate breastfeeding, why are breastfeeding rates declining in those first few months of life when breast milk is acknowledged to be so important?

Birth practices, maternal medical/metabolic conditions, separation of mother and child can each influence, interfere with or delay getting

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Lactation Rooms, Keeping them Clean, Running and Reducing the “ick” Factor...

The BFSP has 38 lactation rooms in Davis and ten sites in Sacramento. The Sacramento (UCDMC) sites have designated building managers to oversee the facilities and custodial needs of the rooms and we coordinate with them regularly to keep the rooms running smoothly. However, for most of the Davis campus buildings, there are no designated building managers, making it challenging to address the custodial and facilities needs of the rooms. The BFSP only has control over the equipment and information provided in the rooms and not the rooms themselves. So your help in keeping them clean and functional is much appreciated! What can you do to monitor and maintain a pleasant space for yourself and others?

- Clean up any spills immediately.
- Wipe down the pump and wipe up any drips on the furniture and floor after each use.
- Stop by our office ([Heitman Staff Learning Center](#)) anytime to pick up a canister of wipes. The program is happy to provide them. We simply are not able to make the rounds frequently enough to keep up with the demand.
- Notify the building's business office if a room is not being cleaned. Reference the Facilities Services [Custodial Service Guide](#) to see what should be done daily, monthly and yearly. (The lactation sites are the same category as restrooms).
- For heavily-used rooms, feel free to set up a communication system. Some ideas are; google calendars, white boards and notebooks to connect with other room users and establish ways to share the room

It's amazing the rooms stay as clean as they do with such heavy usage. Many hands make light work. Thanks for doing your part and keep up the good work!

UCDHS Breastfeeding Support

Submitted by: Debbie Albert, PhD, BSN, IBCLC

Looking for free lactation support and an opportunity to meet other breastfeeding families? UCDHS provides breastfeeding assistance from IBCLCs in a group setting every Thursday morning from 10-11 a.m. at room #7106 in the Glassrock Building which is located conveniently at the corner of Stockton Blvd, and 2nd Avenue on the UC Davis Sacramento campus. This group is open to the community in addition to participants of the UC Davis Breastfeeding Support Program.

We provide the opportunity to pre and post weight your baby, ask any questions you may have, and receive lactation support from our RN IBCLC staff. This is our way of giving to the community and assisting the Breastfeeding Support Program. There is no charge, and you do not have to deliver at UC Davis to attend. Our team truly wants you to feel supported both during maternity leave and when you return to work/school. Fathers and supportive family members are welcome to come with you, and we are happy to see you whether you can come once in awhile or every week.

No RSVP required. Questions? 916.734.7591

UC Davis Breastfeeding Clinic and Community Support Group
Sacramento Campus
Thursdays at 10-11 a.m.
Glassrock Building, Room #7106
2521 Stockton Blvd.
Sacramento, CA 95817



Accomplishing Breastfeeding Goals continued

breastfeeding off to a good start. Limited professional resources, contrary family and community beliefs, and outdated workforce practices and policies, all contribute to mothers that prematurely wean from breastfeeding.

Mothers need an ongoing supportive environment that provides policies and legislation, personal and professional knowledge, education, and accommodations if they are to successfully accomplish long-term breastfeeding goals.

“The University of California is committed to a workplace culture that supports family care-giving responsibilities and recognizes the importance and benefits of breastfeeding for both mothers and their infants.” -- Chancellors Directive, July 2013 - PPSM 84: Accommodations for Nursing Mothers.

In addition to the provisions of this policy, the University of California Davis offers a variety of educational opportunities, support and accommodation systems as well as evidence-based research to provide the knowledge, assistance and perspective for parents to more successfully meet long-term breastfeeding goals.

The UC Davis Breastfeeding Support Program is a nationally recognized, award-winning workplace program that spans two campuses. The Davis campus receives meeting space for breastfeeding support groups and classes courtesy of the Women’s Resource and Research Center; and, both locations partner on various research studies originating with the Foods for Health Institute.

This year, both campuses will provide a full compliment of meetings and classes -- facilitated mother-to-mother support group meetings; prenatal breastfeeding classes; classes regarding how to introduce solids and to wean; classes and support to assist with returning to work/school; access to lactation consultation services (with 3 board-certified Lactation Consultants); and over 50 lactation sites equipped with hospital-grade breast pumps.

In addition, the weekly Breastfeeding Clinic and Community Support Group meetings provide breastfeeding assistance and lactation support for both the general public and those UC Davis affiliates returning to work/school seeking assistance with this transition. (Please see related story ***UCDHS Support on page 2*** for further details.)

The UC Davis Breastfeeding Support Program has a number of educational and support services available to members and their affiliates. You’ll find a complete listing on our [website](#).

The UC Davis Foods for Health Institute is composed of a multi-disciplinary group of scientists producing work that explores many facets of human health and personalized nutrition. Among their many programs is the Milk and Lactation Theme – Milk is the complete food for infants, thanks to millions of years of natural selection on mammalian lactation. Through the process bioreactor that is lactation, milk provides complete nourishment and protection for infant’s health. This principle of a complete food delivered as a complex mixture of molecules is used throughout the Milk and Lactation projects at the FFHI.

The UC Davis Human Lactation Center operates as a nonprofit, self-supporting center located on the Davis campus. The center offers training and education for various current and future healthcare providers; conducts research on lactation, infant feeding; and maternal and child nutrition; and consults with policy makers from many levels of administration regarding the protection and support of breastfeeding and compliance with infant feeding guides. The Human Lactation Center Resources include a parent-friendly blog about the “Secrets of Baby Behavior” as well as current research and news articles about lactation and breastfeeding.

The UC Davis Medical Group, 2660 Covell Blvd., provides lactation care and management services with twice weekly group appointments. Services are provided in a supportive environment and include evaluation with a medical provider, weight checks, assistance with positioning & latching, milk supply or breastfeeding challenges and a personal plan of care. Complimentary monthly prenatal breastfeeding classes are available to all patients registered with the UC Davis Health Services.

The UC Davis Child Development Centers and the Early Childhood Lab School on the Davis campus, each provide a breastfeeding friendly community. Breastfeeding mothers are encouraged to come to the center during lunch and as often as possible to feed their children at the center.

UC Davis represents a significant standard of excellence in lactation and breastfeeding education, accommodation and support for our university affiliates across two campuses.

Survey Results and Our Response

Thank you to all of the BFSP members that took the time to complete the 2014-2015 program evaluation last spring. We had a 10% response rate. Our most positive responses indicated that the program has:

- Had a significant impact on the ability to attend work/school;
- Reduced the emotional, social and physical stress encountered upon returning to work/school;
- Had a positive impact on academic/professional performance
- Provided a supportive environment with professional expertise to address breastfeeding concerns and challenges;
- Provided a dedicated, appropriate environment to express milk privately and effectively; and,
- Made it possible to continue to work towards personal breastfeeding goals.

In response to your feedback, we are adding a number of support group meetings and classes that will meet on the Sacramento campus. Six core classes, as well as monthly mother-to-mother support group meetings that target transitioning back to work/school. Core classes include "Preparing to Breastfeed" – a prenatal class to introduce the process of lactation and how to get breastfeeding off to a good start; "Continuing to Breastfeed When Returning to Work/School" – how to develop a plan to accommodate work/school and breastfeeding; and, "Introduction of Solids and Weaning".

In Defense of Food

Michael Pollen's most recent book, [In Defense of Food](#), will be featured in an upcoming documentary to be aired at 9:00pm, on December 30, 2015, on the PBS channel. Several of our UC Davis affiliates are featured in the documentary including several Breastfeeding Support Program members that attended one of our support group meetings on the Davis campus in the fall of 2013.



Survey Testimonials

"I appreciate the commitment to supporting breastfeeding mothers on campus. I've been nursing my second daughter and all is going well. I'm lucky enough to have a private office that I can pump in at my own convenience, but it is so nice to have access to the other lactation sites when I'm in other buildings on campus. Thanks for your work on behalf of working mothers."

"This weekend during UCDPHSA conference I was pleasantly surprised when I stumbled across the mother's room in vet med building. I am not a student or faculty member of UC Davis. Being a mom and needing some privacy to pump can be difficult sometimes, especially at an unfamiliar place. I just want to email you and compliment on the mother's room because it was a relief for me to have some peace and quiet (besides the bathroom) to do my pumping."

"Thank you for all you do. It makes a huge difference for student mothers."

"My partner works for UCD, but I am the breastfeeder. As the UC employee, my partner benefitted from my utilization of this program in many of the same ways that I did: education, peace of mind and encouragement allowed him to be more fully present and productive at work."

"Thank you for having a breastfeeding support program on campus. I really appreciate being able to have a private room and access to a medical grade pump. Thanks to this added benefit I was able to return to work sooner."

"Wonderful program that I brag about in my mom's circles! Truly a model for other workplaces. I feel so fortunate to be among such a supportive campus and colleagues while breastfeeding my 8 month old."

"I am so appreciative of the Breastfeeding Support Program. The lactation rooms were essential to continue providing breast milk to all three of my children. Thanks for the continued support!"

"The program and numerous lactation rooms are a wonderful benefit of working at UC Davis that most of my friends in other locations don't have. Keep up the good work!"

"I have not been able to attend meetings or classes yet but enjoy getting the notices and newsletters."