

## Bonus Class Updates

Our bonus class in November, "Introducing Solids," featured longstanding BFSP member *Danielle Lemay*, PhD, Assistant Professional Researcher with the UC Davis Genome Center, and Founder and Executive Director of "SPLASH!, Milk Science Update" the newsletter for the International Milk Genome Consortium.

Danielle shared her "recipe" for (baby appropriate) chicken livers, and spoke to introducing solid foods that are naturally rich in iron in lieu of typically recommended iron-fortified foods such as cereals. Other iron-rich foods that are appropriate to begin with are egg yolks, avocado, and sweet potatoes.

There was some discussion also regarding when and how to introduce foods that are regarded as highly allergenic. The American Academy of Pediatricians is revising their [recommendations](#) regarding foods that are allergenic based on current literature and expert opinion.

Following on the success of our November bonus class, we held another informative discussion group on February 6, with Jennifer Goldbronn, MAS, RD. Jennifer is a member of the non-profit, self-supporting UC Davis Human Lactation Center (HLC), associated with the Department of Nutrition.

Jennifer introduced and led a discussion regarding the "7 Secrets of Baby Behaviors" -- a program developed as the result of research conducted by the HLC, and "designed to promote positive parent-child interaction and healthy feeding practices (with the hope of) preventing the establishment of feeding behaviors that are strongly associated with childhood overweight and obesity". If you missed this discussion group, you can find more information at: <http://www.secretsofbabybehavior.com/>

Our final "bonus class" for this academic year, will be held on Thursday, May 8, at noon, in Room E of the Student Community Center. The topic for this class will be "Weaning your Toddler" and will be led by Shirley German, IBCLC, RLC – Lactation Consultant for the BFSP on the UC Davis campus.

## Upcoming Groups & Classes

- **Continuing to Breastfeed When you Return to Work/School March 6**
- **Preparing for Breastfeeding April 3**
- **Support Group Meetings: March 14, April 18**
- **Bonus Class: Weaning your Toddler May 8** For registration click [here](#)

## FAQ

### If breastfeeding is natural, why can it be so difficult?

Breastfeeding is an inherent, mammalian behavior that has evolved over many generations. While breastfeeding is a natural behavior, it can be fraught with a number of challenges ranging from babies that arrive too early, to anatomical variances in a mother's breasts and/or baby's oral anatomy; to how one positions one's baby to breastfeed. Mothers faced with breastfeeding challenges need access to a comprehensive support system.

Hospitals can get breastfeeding off to a good start by encouraging mothers and babies to remain together. Rooming together and keeping baby skin-to-skin, increases the baby's opportunity to breastfeed and to breastfeed often. Skin-to-skin not only provides the opportunity to bond with one's baby, but has also been studied and proven to improve certain physiological measurements – skin-to-skin regulates a baby's respiration, heartbeat, and even glucose levels. Skin-to-skin reduces stress hormones in the baby as well as anyone holding the baby. Skin-to-skin stimulates the hormone oxytocin which releases breast milk.

In the community, breastfeeding challenges can be addressed with mother-to-mother support groups, support from knowledgeable childcare centers, and/or the support of professional education & counseling.

- Breastfeeding support groups put mothers with breastfeeding challenges together with other mothers experiencing many of the same breastfeeding challenges.

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Contact us at: [worklife@ucdavis.edu](mailto:worklife@ucdavis.edu)

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## FAQ continued...

- Healthcare providers can promote the continuation of breastfeeding management, following discharge from the hospital, and, provide typical child development and growth patterns.
- A Lactation Consultant is a trained expert in the education and support of lactation and breastfeeding; and, provides clinical support for families, other healthcare professionals and the development of community and global breastfeeding policies.
- Childcare providers can encourage moms to breastfeed by making available appropriate spaces that foster breastfeeding, and by educating themselves on appropriate breastfeeding practices.

- We thank again, all those that participated in attending or submitting photos for the UC Davis Community Book Project event, "Women Feeding the World", in January. There were three breastfeeding submissions among a selection of photos and stories depicting women's roles in the food system, around the world. If you would like to view the photos in person, they are still on display at the MU next to the coffeehouse, or, you can view the [gallery online](#).
- In case you missed it, read the recent dateline story for the study from UC Davis' own Dr. Caroline Chantry regarding "[In-hospital formula use deters breastfeeding](#)".

## UC Davis Health System Employee Breastfeeding Support Program



At the end of 2012, Debbie Albert and Cheryl Burstiner became the lactation team for UC Davis Medical Center. Cheryl had a 14 year history with UCD, much of it as an L&D nurse and as support person for the UC Davis Breastfeeding Support Program. Debbie, an LC with over 20 years of lactation experience but half of those years in Corporate Lactation, was new to UCD—but brought experiences with her from several realms.

With the start of 2013, they began a "Dare to Dream" theme that literally changed the UC Davis Employee Breastfeeding Support Program. Meetings started with HR, and before too long, Marina Podoreanu, UCDHS WorkLife Balance Coordinator, became the HR liaison for the program. At this point, a triumvirate was created that would lead to three Employee Excellence Awards in Social

Responsibility. In addition, UC Davis Medical Center has received the Mother-Baby Friendly Workplace Award from the Breastfeeding Coalition of Greater Sacramento and the IBCLC Lactation Care Award.

Now with coordination of lactation and HR, meetings were established creating a village of support persons for this program, which now has quarterly meetings that include liaisons from HR, Facilities Planning, EVS, and Volunteer Services as well as representatives from our sister program at UC Davis University Campus.

The program also has a lactation intern volunteer that regularly travels to the 13 pumping rooms established across campus to collect sign in sheets and report on status of the rooms. There are five rooms in the main building, as well as rooms at Broadway, ACC, The Mind Institute, Medical Education Building and the Cannery. Plans are in the works for additional rooms in Ticon II and other areas. The pump rooms were used 1818 times in 2011, 3326 times in 2012 and now 4360 times in 2013.

Employees can [apply online](#), attend prenatal breastfeeding classes, participate in the UC Davis Breastfeeding Support Group and receive private assistance at the UC Lactation Clinic, as well as receive support from Debbie and Cheryl. In Spring, 2014, UC Davis Medical Center applied for the first UC Davis System Lactation Award.

Our basic premise is simple: Employees who feel supported in their choice to provide breastmilk to their children will forward that support to our patients.

**More information on the UC Davis Health System Employee Breastfeeding:**

**Health System Breastfeeding Support Program Information [PDF](#)**

**Health System Breastfeeding Support Program [Flyer](#)**

