



DIY Hands Free Pumping!

Today's moms are busy – working, playing and breastfeeding! Manufacturers have responded by designing various “hands-free” methods of expressing breast milk; however, many involve purchasing expensive, specially designed bras or equipment. This [link](#) demonstrates a method that uses inexpensive, readily available materials and functions well for most women.

Upcoming Groups & Classes

- **Preparing for Breastfeeding Feb 26, April 23, 12-1**
- **Continuing to Breastfeed When you Return to Work/School March 12, 12-1**
- **Central Campus Support Group Dates: April 17, 12-1**
- **Vet Med/Health Sciences Support Group Dates: March 18, 12-1, May 27, 12-1**
- **UCDMC/HS support group meets every Thursday, 10-11, 7106 Glassrock**

Additional Support Groups

The Breastfeeding Support Program has added 6 additional support group meetings this year. They are held in Gladys Valley Hall within the Health Sciences District on the Davis campus. We encourage all of our Program members to attend these meetings. We have had minimal attendance thus far and may have to cancel this group for next year if participation does not increase.

There will be three more Health Services District meetings this academic school year:

- ⇒ March 18, noon, room 1013
- ⇒ May 27, noon, room TBD
- ⇒ July 29, noon, room 1013

The Role of Fathers/Partners in Breastfeeding Success

Research, community and healthcare providers encourage, educate and support mothers to breastfeed their babies exclusively for one year or longer. The practice of breastfeeding between mother and baby results not only in good nutrition and health but an intimate bonding experience; an experience that sometimes undermines the father's/partner's sense of bonding or relating with their new infant. Gradually we are learning to recognize the unique and important contributions of these fathers/partners as members of the *Breastfeeding Team*.

Breastfeeding initiation and continuance are strongly influenced by fathers/partners having a positive attitude towards breastfeeding, a significant role in making infant feeding decisions, and knowledge about the benefits and management of breastfeeding. While most fathers/partners may see themselves in a supporting cast role or as coach to a mom's starring role, both positions contribute to and should be recognized in a *Breastfeeding Team* effort.

The most important *team* role of father/partner is to support mom and facilitate breastfeeding:

- communicate with mom to determine what her goals for breastfeeding are and ask her how she wants you to be involved
- become a cheerleader – encourage mom to continue when challenges arise, reinforce the *team's* breastfeeding decisions
- make mom feel valued - verbally and nonverbally
- allow mom to vent her frustrations, without judgment

continued ...



UC Davis Medical Center Now Providing Pump Rentals

By Debbie Albert, PhD, BSN, IBCLC

With the closing of the UC Davis Bookstore on Stockton Blvd, many were concerned about the future of pump rentals for patients and employees at the Med Center. Although insurance companies now provide breast pumps, these options are typically consumer grade pumps that are not meant to be used more often than three times per day.

In cases where the mother has a NICU baby, premature or low birth weight infant, or a health issue effecting milk supply, consumer pumps do not suffice. It is important for these critical cases to have hospital grade breast pumps. UC Davis Medical Center recognizes the significance of this service, and as a result the Labor and Delivery Ward Lactation Program at UC Davis Medical Center has taken on the task of providing these pumps every day of the week, including weekends and holidays.

Pump rentals and kits are being provided through the Lactation office #3674 in Tower 3 of the Medical Center. Rentals are currently \$20.00 per week, \$35.00 for two weeks and \$70.00 per month. Pump kits cost \$48.00. Please call 916-734-7591 or call vocera and ask for the lactation consultant group.

Study Subjects Needed

Infants born by cesarean section are colonized by different microbiota compared with infants born vaginally. The differences in this microbial colonization may explain the higher incidences of immune-mediated diseases in children born by cesarean section compared with those born vaginally.

Evolve Biosystems Inc., in association with the UC Davis Foods for Health Institute, is recruiting subjects for a clinical study with the purpose of determining if supplementing healthy term exclusively breastfed infants delivered by cesarean section with a probiotic containing an activated strain of *B. infantis* will increase levels of beneficial strains of infant gut bacteria, protective against immune-mediated diseases.

For more information about this study, please follow: <http://ffhi.ucdavis.edu/hs/imprint-study> or contact the Study Coordinator, Melissa Breck at mabreck@ucdavis.edu.

Please look for the BFSP evaluation coming in April. We rely on you to let us know how we can serve you best and help you more easily incorporate breastfeeding into your work-life.

In the News...

Several UC Davis researchers have discovered that *Triclocarban*, a synthetic chemical used in many household and personal care products especially antibacterial bar soaps, liquid hand soaps, and body washes, can cause health problems by interfering with normal hormone activity. Studies reveal that this antibacterial chemical is dangerous for nursing baby rats and could be the same for human babies. [Read more...](#)

Please Help us Keep the Rooms Tidy!

With 39 lactation rooms on campus and ten at the Health System, it is challenging for us to visit the rooms as much as we would like. Rooms are ***not routinely cleaned by janitorial services*** so we depend on *you* to help keep them tidy. Here are some tips of ways you can help us help you...

- After each usage, please wipe down the pump and any spills with the provided wipes/paper towels.
- If we are out of wipes, logs, or if there is an issue with the pump, please pop us a note at worklife@ucdavis.edu.
- Talk with your department business officer to remind custodial staff in your building to do *at least* minimal cleaning of the rooms (empty trash and sweep floors...which *is listed as a standard service by Facilities*).
- To keep the rooms sanitary and clutter free, please do not bring additional furniture items or toys into the rooms. For health and safety reasons, we do not provide heaters or refrigerators. However, please feel free to share magazines and books in the rooms.

And as always, please register and record! We need these metrics to determine current and future needs of the rooms and the programming.



- become knowledgeable about breastfeeding so that you can assist mom effectively
 - * attend a class, read a book, explore the internet;
 - * be another set of ears when information is given;
 - * encourage mom to seek assistance and professional support as needed.

The most common role of father/partner is that of parenting and managing household duties:

- remove stressors -- take care of household jobs that might distract or worry mom
- provide water and nutritious snacks during feedings
- cook meals that refuel mom
- anticipate and facilitate mom's comfort with breastfeeding positions – provide pillows, footstool
- assist mom with managing appropriate breastfeeding interventions or equipment
- ask for or take advantage of outside offers to help;
- limit the number of visitors and visiting time – new moms need plenty of rest
- encourage mom to nap, shower, take a walk between feedings
- help with childcare
 - * manage siblings, pets
 - * burp, bathe, calm your baby
 - * initiate feeding sessions by learning to recognize hunger cues
 - * take baby to mom for feedings, especially at night, so that moms maximize their sleep
 - * present a unified position with family and/or friends regarding your team's decisions on feeding and/or parenting

So how can you develop your own unique relationship with your new baby?

- Make time to be with your baby – cuddle them, hold them skin-skin, play with them
- Sit with mom & baby while breastfeeding – talk to and stroke your baby, tell mom how proud of her you are
- Find your own “rituals” – bathe your baby, rock and/or sing to your baby, introduce your baby to your favorite music and dance with your baby, take them for a walk
- Become an expert at swaddling, use your deep voice or find other means of soothing your baby
- When appropriate, work with your baby to introduce a bottle so that mom can return to work or take some time for herself. Encourage mom to pump, in lieu of her absence, so as to maintain her milk supply.

Fathers/partners who take an active, supportive role in the *Breastfeeding Team* strongly influence a mother's decision to initiate and maintain breastfeeding. Their positive contributions are strong predictors of the continuation of exclusive breastfeeding, for the first 6 months of life and beyond. Be proud!