

***Upcoming Groups & Classes***

- **Continuing to Breastfeed When you Return to Work/School**  
**December 5**
- **Preparing for Breastfeeding**  
**January 9**
- **Support Group Meetings:**  
**Oct 25, Nov 15, Dec 20, Jan 17**
- **BONUS Class: November 7**  
**Introducing Solids**

For details and registration click [here](#)

***Bonus Class:  
Introducing Solids***

In response to our survey and a number of recent requests, the Breastfeeding Support Program will lead a discussion regarding "**Introducing Solids**" on **November 7, 2013, at noon, in Room E of the UC Davis Student Community Center**. Our special guest will be **Danielle Lemay, PhD**, Assistant Professional Researcher with the UC Davis Genome Center, as well as Founder and Executive Editor of "**SPLASH!**" milk science update", the monthly e-newsletter of the International Milk Genomics Consortium. Danielle is one of our longstanding Breastfeeding Support Program members. She has two children – Edison 6, and Franklin 3.

Dr. Lemay's research program on the "omics" of milk and mammary biology encompasses both basic and translational science. She combines non-invasive sampling of milk and stool with next generation sequencing technologies to answer questions about what is in milk, how is it made, and what is its function in the recipient. She has a PhD and MS in Nutritional Biology from UC Davis and a BS in Electrical Engineering & Computer Science from MIT.

***UC Office of the President Adopts  
New Policy Regarding  
Accommodations for Nursing Moms***

UC Davis has a longstanding practice of lactation accommodation and breastfeeding support, dating back to when the first lactation sites were opened in 1995. Over the past two decades, the Breastfeeding Support Program has built and sustained a solid infrastructure thanks to the initial support of several local social service agencies and philanthropic groups; as well as a number of administrative and academic units.

In the past three years, the Breastfeeding Support Program has continued their collaborative partnerships by developing an alliance with the [UC Davis, Foods For Health Institute](#), which provides current research regarding the benefits of milk and breastfeeding and the [Women's Resources and Research Center](#) which contributes the meeting spaces for

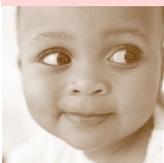
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***Health Tip: Prevent Clogged Ducts***

Clogged milk ducts can affect a woman's ability to breast-feed, and cause pain & discomfort for mom. The American Academy of Pediatrics suggests to help prevent or alleviate clogged milk ducts:

- Avoid wearing tight, restrictive clothing/bras.
- Change your nursing position.
- Don't sleep on your stomach.
- Make sure baby is latched properly during feeding.

Courtesy of Office of Women's Health, Department of Health and Human Services; [www.womenshealth.gov](http://www.womenshealth.gov)



**Breastfeeding Support News is a quarterly electronic newsletter published by UC Davis WorkLife and Wellness**

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

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## ***Recent UC Davis Collaborative Research Supports “Continuum of Care” for Mothers Wanting to Breastfeed***

*Many first-time mothers express concern and/or doubt regarding breastfeeding challenges they may face during the first few weeks of their baby’s life.* A recent study involving two of our UC Davis researchers, and one of our UCD alumna, found that breastfeeding problems during these first few weeks are common and can result in the premature introduction of formula and/or the abandonment of breastfeeding altogether.

The study, “[Breastfeeding Fraught with Early Challenges for Most First-time Mothers](#)” includes co-authorship by Caroline Chantry (pediatrician with UCD Medical Center), and Kay Dewey (UCD Nutrition professor); and lead authorship by Laurie Nommsen-Rivers (UCD Alumna and now Assistant Professor with the Perinatal Institute at Cincinnati Children’s Hospital Medical Center). The results of the study found that “collected reports of thousands of breastfeeding problems and concerns from the mothers ... reported at interviews conducted at days three and seven after the baby’s birth, were strongly associated with the moms subsequent decisions to supplement with formula or stop breastfeeding altogether. Based on these findings, the authors recommend that first-time moms in particular need more support to alleviate breastfeeding concerns that may arise during the first two weeks after their babies are born ... and provide new moms with the reassurance and assistance they need to meet their breastfeeding goals”.

Presently, there exists a real or perceived gap from many hospitals to community-based lactation support. Government, Healthcare Plans, and Medical Groups/Organizations are



beginning to act upon integrating out-patient lactation services into the *Continuum of Care* for mothers wishing to breastfeed. While the overall goal of the Breastfeeding Support Program at UC Davis is to “facilitate women’s return to work/school after maternity leave and to foster an encouraging and supportive environment toward successful continuation of breastfeeding”, many mothers make use of the lactation consultation services and support group meetings to assist with their successful establishment of breastfeeding during the first few weeks following birth.

## **Feature Article** **“New Policy” continued**

our educational classes and support groups. UC Davis provides affiliates and their partners with private lactation consultations; weekly (UCDHS) or monthly (campus) support group meetings; various educational classes related to breastfeeding/lactation; nearly 50 private, easily accessible lactation sites; and a formal Lactation Accommodation Policy adopted in 2008 ([PPM 380-25](#)).

Effective July 3, 2013 the Office of the President for the University of California established a systemwide accommodation policy – the [Personnel Policy for Staff Members 84 \(PPSM84\): Accommodations for Nursing Mothers](#). Under the provisions of this policy, the University of California system commits to provide:

- Appropriate sanitary and private space for lactation purposes, in close proximity to the nursing mothers’ work area; and
- A reasonable amount of break time to accommodate the needs of nursing mothers.

Many of the new system-wide procedures presented in PPSM84 are already covered within the existing UC Davis, Lactation Accommodation Policy. New to PPSM84 is a clear definition of how and what will be considered a reasonable break time -- *“Generally, nursing mothers need 2-3 lactation breaks during an 8-hour work period. A reasonable amount of time for a lactation break generally will not exceed 30 minutes per break and includes the time associated with travel to and from the lactation space, expressing milk, clean up, and storage.”*

Thank you to everyone who completed our Breastfeeding Support Program Evaluation, 2012-2013” survey last spring. We had 150 responses!

Some of our most positive responses included:

- **Provided a dedicated, appropriate environment where I can express milk privately and effectively.**
- **Made it possible for me to continue to work towards my personal breastfeeding goal.**
- **Made a significant impact on (my) ability to attend work/school as necessary.**

Identified areas that we are reviewing to improve or explore for solutions:

- **Classes regarding weaning, nutrition and introducing solids. (see the Bonus class on 11/7)**
- **Topics pertaining to gender dynamics and stay-at-home fathers.**
- **Maintenance and cleaning of our lactation sites.**