

Davis Classes and Groups

- **Continuing to Breastfeed/Return to Work/School, Nov 30, 12-1 Room E SCC**
- **Feeding Transitions, Jan 25, 12-1 Room E**
- **Support Group Meetings: Nov 17, Jan 19, 12:00-1:00, Room C SCC**

UCDH Classes and Groups

- **Feeding Transitions Nov 16 Ticon III Room 3B**
- **Preparing for Breastfeeding, Jan 18 Ticon III Room 2400**
- **Breastfeeding Clinic and Community Support Group Thursdays 9:30 – 11:30, Glassrock Building Room 7106**
- **Mother-to-Mother Support Group, 11:30-12:30, Dec 8, Jan 12, Feb 9**

News and Bits

- Use [this link](#) to get a copy of the most up-to-date site list and Google map.
- The UC Davis Bookstore (located in the MU) carries the Ameda pump attachment kits for the pumps in the campus lactation rooms. They cost \$59.99. Online retail giants have them priced around \$75.00. The bookstore also ordered five additional books that Shirley often recommends to moms. Thanks Bookstore!
- University of California Office of The President provides [Bright Horizons Care Advantage™](#) to help you find child, elder and pet care, eldercare planning and support, preferred childcare enrollment and reduced tuition as well as access to tutors and test prep providers.

Support at UC Davis Health

The evidence-based research is clear...breastfeeding provides both mother and infant with a number of health benefits as well as valuable nutrients designed exclusively for the infant.

Data also confirms that mothers who experience more supportive practices in hospital and beyond are likely to breastfeed more exclusively and for longer duration.

UC Davis has a number of breastfeeding support services available to their university associates and patients to help them achieve their breastfeeding goals and to provide optimal care for them and for their infants.

The UC Davis Medical Center:

- Has an extensive breastfeeding education program resulting in exclusive breastfeeding rates of mothers at discharge from the hospital that exceed state and countywide rates.
- Has perinatal nurses trained in how to teach and support mothers to breastfeed successfully.
- Has a number of resources and services including telephone support, classes and support groups available on the campus to provide assistance with breastfeeding after families leave the hospital.

Resources at UC Davis Health include:

- UC Davis Breastfeeding Support Program
- In partnership with the UC Davis Breastfeeding Support Program, a weekly drop-in support group meets each Thursday, from 9:30-11:30 in the Glassrock Building, Room 7106. Community members, patients and employees can receive assistance & support with breastfeeding, and, participate in a peer support

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UC Davis Health continued...

group to help resolve breastfeeding difficulties. This group is facilitated by Debbie Albert, BSN, PhD, IBCLC.

- UC Davis Medical Group Davis: Under the direction of a Family Care Physician and in collaboration with a board-certified Lactation Consultant, this UC Davis medical office provides lactation care and breastfeeding education and management services available to all patients within the UC Davis Personal Care Network. For more information, or to sign up for services, please call: 530-747-3000.

Resources

- Women, Infants & Children ([WIC](#)) Yolo
- Student Parent Closet at WRRRC Free diapers, wipes, supplies for student parents. Tuesdays and Wednesdays 10-12, first floor, North Hall, Women's Resources and Research Center.

New Mamava Pod at Health HR

UC Davis Health is the first UC site to have a [Mamava](#) which are often seen in airports and sports arenas to provide a private lactation space. It is in the breakroom at Ticon III and will serve proximate employees as well as employees attending on-site training and development classes.



UC Davis Medical Group, PCN

The UC Davis Medical Group has offices in 10 communities across the region.

Employees of these Medical Groups, can access the benefits afforded their Davis and Sacramento campus colleagues by registering with the UC Davis Breastfeeding Support Program and working with their managers/supervisors to provide a secure space to use for expressing milk when they return to work.

Over the past several months several offices have created temporary, secure space to provide their breastfeeding employees a place for expressing milk. They are equipped with a hospital-grade breast pump courtesy of the UC Davis Breastfeeding Support Program.

Milk Drive

UC Davis Breastfeeding Support Program will once again partner with the CA Breastfeeding Coalition to support a mothers' milk donation drive. The event will be held at the Sutter Davis Medical Offices, 2030 Sutter Place, Davis on Thursday, December 7th from 9am-3pm.

Donated milk will go to the San Jose Mothers' Milk Bank, the only non-profit milk bank in CA and a member of the Human Milk Banking Association in North America (HMBANA). You can find more information about the donation process [here](#).

New Lactation Rooms:

Davis:

Hopkins Building

Sacramento:

ASB

Betty Irene Moore Hall

Jackson 6 Building

Ticon III

Refer to the [SITE LIST PDF](#) for Details



IS YOUR BABY READY FOR SOLID FOODS?

Participate in the Infant MiND Study!

Help researchers at UC Davis discover how introducing solid foods to breastfed infants affects their beneficial gut bacteria and cognitive and motor development.

Volunteers may receive up to \$410 in Target gift cards.

Mothers and their predominantly breastfed, healthy infants aged 5 to 7 months who are developmentally ready for solid foods and live 20 miles from Sacramento or Davis are eligible to participate.

Contact: Annie Meier

(888) 217-5355

Visit us at:

infantmind.ucdavis.edu