

Breastfeeding Support News

Fall 2018

UC DAVIS
WORKLIFE AND WELLNESS

Davis Classes and Groups

- **Feeding Transitions: October 25, 136 Hoagland**
- **Preparing for Breastfeeding: November 28, 136 Hoagland Hall (Note Date Change)**
- **Continuing to Breastfeed/Return to Work/School: January 24, 136 Hoagland Hall**
- **Support Group Meetings: October 19, November 16 12:00-1:00, Student Community Center Rm B**

UCDH Classes and Groups

- **Feeding Transitions: Oct 18, 7106 Glassrock**
- **Continuing to Breastfeed: Nov 15, Ticon III 3B Conference Room**
- **Breastfeeding Clinic and Community Support Group Thursdays 9:30-11:30, Glassrock Building Room 7106**

New Lactation Rooms

Davis Campus:

- Voorhies Hall Room 155: Lounge inside Women's Restroom. Code 2377# Open soon!
- 202 Cousteau Suite 260 Room 241. Open soon!

Sacramento Campus:

- Children's Surgery: Room 2P213 Open 11-14
- North Addition: Due January, double station

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 (MU) carries the Ameda pump attachment kits for the pumps in the campus lactation rooms. They can be found in the Self Help/Health area.

Save the Date: Mothers' Milk Drive

We are once again co-sponsoring a donor milk drive to support the Mothers' Milk Bank, on Thursday, December 6. Specifics regarding a time and place will be available soon. Please refer to our [website](#) for the latest details.

Mothers' Milk Bank, San Jose is a member of the Human Milk Banking Association of North America that promotes the provision of safe pasteurized donor milk and the support of breastfeeding. You will find more information at: <http://www.mothersmilk.org/>

Upcoming Study

Shirley German, Lactation Consultant with the Breastfeeding Support Program, is conducting an IRB approved research study on breastfeeding services available throughout UC Davis.

Data will be collected using a survey that has been devised to:

- Document who is using lactation and/or breastfeeding support services.
- Document why families are or are not using these available support services.
- Determine how best to promote and utilize UC Davis lactation and/or breastfeeding support services in an effort to assist mothers to meet globally recommended breastfeeding guidelines.

As a member of the UC Davis Breastfeeding Support Program, you will be contacted via our membership listserv in the next few weeks to see if you would like to participate. Your participation is greatly appreciated and completely voluntary. All responses will be confidential.



Breastfeeding Support News is published by UC Davis WorkLife and Wellness
Contact us at: worklife@ucdavis.edu To remove your name for our mailing list [click here](#).

UC Davis Medical Center Update

The role of the WorkLife Breastfeeding Support Program is to *support* managers, departments and employees in meeting employee and student needs concerning lactation. We are aware of the impacted lactation room issue at the hospital and are currently working with hospital representatives, Employee and Labor Relations and the CNA to address and hopefully improve the situation.

With the above mentioned partners, we have identified together, potential new sites as well as an existing site where we could potentially add a curtain and additional pump. Ultimately, it is up to the floor/department/unit/hospital to designate space, not WorkLife and Wellness. Our job is to accommodate that process and provide services as soon as we secure a location. Custodial staff in your building should do the required cleaning of the rooms and we have provided them with guidelines for lactation rooms. Custodial and Facilities concerns should be addressed through the building/unit's usual process (as if the room were a break room or restroom) as the BFSP is not in authority for the physical space, only our equipment and programming.

What can you do to help? Encourage people to register for the program, it's difficult to make a case for new rooms and complimentary hospital-grade pumps if we don't have the numbers to back it up. Please try to remember that this is a shared space with other moms just trying to meet their breastfeeding goals as well. Keep it tidy, clean up after yourself, alert custodial and facilities if something is dirty or broken, problem solve, and be kind to one another.

Kudos to the Superstars at Mrak

We were contacted by staff at Mrak Hall who wanted to do something special for their co-worker's return to work after maternity leave. They asked if they could access and decorate the room and we of course said YES...Great idea! The mom returned to the surprise and was so grateful that the rest of her team thought of such a tangible and thoughtful "welcome back" gift....and one that all room users could enjoy as well.

Please know, it's okay if moms take some kind of "ownership" of the rooms, personal touches and items that make the room feel more warm and inviting are just fine with us. It's a good way to welcome and support moms during what may be a difficult transition.

The users of the Mrak room have set up a Slack channel so they can all check in with one another for scheduling and other related needs (e.g. extra supplies or support). Numerous rooms across campus have come up with ways to communicate, support each-other and optimize room usability. Other methods we've seen include; simple in-room notebooks/pads and pens, Google calendars, Outlook, and dry-erase boards posted on the door.

The BFSP does not have the resources to manage the time logistics of all the rooms (we're closing in on 70 now!) and usage is a constant ebb and flow of a diverse set of people with an always changing set of needs. Additionally, rooms must be available for all and scheduling makes it difficult for the more mobile moms to use the rooms (people at meetings, adjacent buildings students, visitors). But, that doesn't mean



we oppose moms finding ways to work together to share the spaces...and even make them a little bit nicer place to spend some time. If you find ways to enhance a room, please just let us know—mostly so we can show others your ideas and positive, supportive energy (pictures are always appreciated!).