

Breastfeeding Support News

Winter 2019

UC DAVIS
WORKLIFE

Davis Classes and Groups

- **Continuing to Breastfeed/Return to Work/School: January 24, 136 Hoagland Hall, March 28, Student Community Center (SCC) Room E**
- **Preparing for Breastfeeding: February 28, 136 Hoagland Hall**
- **Feeding Transitions: April 25, SCC Room E**
- **Support Group Meetings: February 15, March 15, April 19, 12:00-1:00, SCC Room B**

UCDH Classes and Groups

- **Preparing for Breastfeeding: February 21, FSSB Room 2020**
- **Continuing to Breastfeed: March 21, FSSB Room 2020**
- **Breastfeeding Clinic and Community Support Group Thursdays 9:30-11:30, Glassrock**

Pending Lactation Rooms

Davis Campus:

- California Hall: Room 1201, Northeast Corner opening soon!

Sacramento Campus:

- North Addition: Double station, estimated March

News and Bits

- Use [this link](#) to get a copy of the most up-to-date site list and Google map.
- For those at Health, if you are having trouble electronically accessing an area to reach a lactation room, please contact Marina Podoreanu, mpodoreanu@ucdavis.edu for assistance.
- The Milk Drive raised over 5000 ounces of human milk in the various regions surrounding Sacramento; 1200 in Yolo County alone. Nice work moms!

Breastfeeding is A Family Affair

Evidence-based research confirms that breastfeeding mothers who receive support and encouragement during their breastfeeding experience, will breastfeed for longer duration and more exclusively. They will also be more likely to meet their individual breastfeeding goals as well as meet the globally recognized healthy breastfeeding guidelines.

Breastfeeding support can come from the child's father, the mother's spouse or partner, a grandparent, friend or other caregiver.

Supportive caretakers can create an atmosphere of success by not only providing practical assistance, for both baby and mother, but by fostering a special bond/relationship of their own with the baby.

Refer to the WIC website for tips on how [Grandparents](#) and [Dads](#) can best support mother and baby on their breastfeeding journey.

Interesting Read:

[The Mental Workload of a Mother](#) Huffpost

The Bacteria Babies Need

Our own [UC Davis Foods for Health Institute](#) is at the forefront of [human milk studies](#) and we are fortunate to have researchers eager to share their expertise with the greater community. A recent article in the New York Times, [The Bacteria Babies Need](#) discusses some research done at UC Davis by Dr. Bruce German and his colleagues. It seems that our overuse of antibiotics paired with a generation of formula-fed babies, has killed off vital gut bacteria that is good for us!



Breastfeeding Support News is published by UC Davis WorkLife

Contact us at: worklife@ucdavis.edu To remove your name for our mailing list [click here](#).

Storage of Breastmilk

According to UC Department of Health & Human Services, Office on Women's Health here are storage and handling of breastmilk recommendations. After each pumping, you can:

- **Keep milk at room temperature.** Breastmilk is OK for up to 4 hours after pumping at room temperature (up to 77°F).
- **Refrigerate it.** Breastmilk is OK in the refrigerator for up to 4 days.
- **Place milk in the freezer.** If you're not going to use refrigerated breastmilk within 4 days of pumping, freeze it right after pumping.
- **Use cooler packs.** You can put breastmilk in a cooler or insulated cooler pack with frozen ice packs for up to 24 hours after pumping. After 24 hours in a cooler the breastmilk should be refrigerated or frozen.

The UC Davis Breastfeeding Support Program recommends using cooler packs for work as we do not provide refrigerators in the lactation rooms for numerous reasons:

- ⇒ We cannot guarantee 100% proper functioning of up to 70 units and therefore are not responsible for ensuring proper biological safety of such a precious resource.
- ⇒ Refrigerators would trigger mandatory equipment checks for each unit up to two times per year, incurring costs of thousands of dollars.
- ⇒ We cannot guarantee the physical safety of the milk itself. Theoretically, anyone can access the milk in a room refrigerator and this is a critical safety concern.

When storing breastmilk, use breastmilk storage bags, which are made for freezing human milk. You can also use clean glass or hard BPA-free plastic bottles with tight-fitting lids. Do not use containers with the recycle number 7, which may contain BPA. Do not use disposable bottle liners or other plastic bags to store breastmilk.

For more tips on pumping and storing breastmilk please refer to womenshealth.gov

Worth the Wait Support Group

A support group for Women of Advanced Maternal Age (35 years and older) is taking place once a month each in Davis and UC Davis Health, Sacramento. The purpose of this group is to share the positive and challenging experiences of being a more mature first time or repeat mother. Topics of discussion include fertility, pregnancy, health care, child care, resources, and many more! If you would like to join, please contact Jen Byberg at jabyberg@ucdavis.edu or Worth the Wait Moms Support Group on facebook <https://m.facebook.com/groups/1840331559365943>.

More Davis Campus Lactation Room Updates

All major remodels and new buildings on the Davis campus are required to have a lactation room that meets certain [Design Requirements](#). With the opening of California Hall, we have taken two older, less utilized, no-longer-compliant lactation rooms offline, Haring Hall and Sciences Laboratory Building.

In our annual review of the lactation rooms and new legislation, we have identified a few rooms that, with the passage of [AB-1976](#), are no longer compliant and cannot be designated as "official rooms". We are closing two at this time (Haring and Sciences Lab) but have decided to keep the remaining three online (Math Building, and two rooms on Old Davis Road in South campus) for now, as there are not sufficient additional options in the immediate vicinity of those three rooms. However, we are actively trying to identify/provide new spaces, particularly the South Campus area on Old Davis Road.

Please note, the BFSP is not the responsible entity for providing a lactation space for an employee, that is the obligation of the employee's manager/supervisor. The BFSP does however strive to provide overall compliance as well as providing as many optimally equipped spaces to make it easier for employees to meet their breastfeeding goals and to help managers/supervisors meet the various policies regarding lactation.