

Breastfeeding Support News

Spring/Summer 2018

UC DAVIS
WORKLIFE AND WELLNESS

Davis Classes and Groups

- **Continuing to Breastfeed/Return to Work/School, June 28, 12-1 Room E SCC**
- **Preparing for Breastfeeding, July 26, 12-1 Room E, SCC**
- **Support Group Meetings: June 15, July 20, 12:00-1:00, Room C SCC**

UCDH Classes and Groups

- **Continuing to Breastfeed, July 19, 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, July 13**

Gratitude

Barbara Ashby, the founder of the UC Davis Breastfeeding Support Program, is retiring the end of June. She was an early trailblazer in workplace breastfeeding support and tirelessly campaigned to build what we have today. As a UC Davis Graduate Student in the 80's, Barbara pumped in the restrooms. Employed in 1990 at UC Davis, she established the BFSP in 1994 and built the program, collecting numerous awards and accolades along the way, to its current programming of resources, support groups, consults, and 70 lactation rooms with hospital grade pumps. We all owe Barbara a great deal of gratitude. Barbara is looking forward to her move to the Midwest to be near her children and grandchildren, to continue her Reiki practice, take up birding, and travel with her husband.

Thank you to all who completed the BFSP survey. The results and comments are valuable to us to best meet your needs and for planning continuous improvements to the extent of our influences.

World Breastfeeding Week 2018



World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organizations concerned with the protection, promotion and support of breastfeeding

worldwide. Each year, WABA coordinates the annual [World Breastfeeding Week](#) campaign working with several international and national organizations.

In observance of this celebration, we will be hosting a series of presentations to promote and address the objectives of this 2018 campaign – inform, anchor, engage and galvanize. Look for a flyer with more details in July.

Schedule of events:

- **July 23, 11:30-12:30, Topic TBD, UC Davis Center for Mind and Brain, Dr. Jennifer Smilowitz PhD.**
- **July 26, 6:00-8:00 pm, Science Café Conversation, *Restoring the Infant Gut Microbiome*. Dr. Jennifer Smilowitz. Old Soul @ Forty Acres, 2424 Broadway**
- **August 1, 12:00-1:00, Shirley German, *Accomplishing Breastfeeding Goals*, Hutchison Child Development Center**
- **August 2, 10:30-11:30 *Keeping Up Your Milk Supply*, Debbie Albert, PhD, BSN, IBCLC, Glassrock 7106**
- **August 6, 11:30-12:30 *Donor Milk*. Dr. Laura Kair, Glassrock 7106**
- **August 9, 10:30-11:30 *Breastfeeding Rights/Advocacy*, Erica Escalante, Dept. of Labor, Glassrock 7106**
- **August 13, 11:00-12:00 *Baby-Friendly Hospital Initiative & the UCD Employee BFSP*. Dr. Debbie Albert, Glassrock 7106**
- **August 16, 10:30-11:30 *Baby Wearing*, Jessica Turner, Baby Wearers of Greater Sacramento, Glassrock 7106**
- **August 23, 10:30-11:30 *Wonders of Breastmilk and The Microbiome*, Emily McCole Yager, Remedi Study, Glassrock 7106**
- **August 30, 10:30-11:30 *Breast Health*, Steve Metzger, RN, CMT, Revive Therapy, Glassrock 7106**



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](#).

Kudos to us!

The International Board of Lactation Consultant Examiners® (IBLCE®) and International Lactation Consultant Association® (ILCA®) have recognized UC Davis WorkLife and Wellness Breastfeeding Support Program for excellence in lactation care.

UC Davis Worklife and Wellness has received the IBCLC Care Award, for the third two-year period, in recognition for staffing professionals who hold the prestigious International Board Certified Lactation Consultant® (IBCLC®) certification and providing a lactation program for breastfeeding families. In addition, the facility demonstrated that it has recently completed activities that help protect, promote, and support breastfeeding.



This year, we received this recognition for the following projects:

- Support and Education of Managers/Supervisors -- raising their awareness of leave options, university policies and programs, and assisting them in supporting their pregnant/breastfeeding employees;
- Promote, Protect and Support lactation services to all our UC Davis affiliates -- most notably our Primary Care Network, medical offices;
- Promote and Support the San Jose Mothers' Milk Bank – educating, supporting and providing our community the opportunity to contribute to the need for extra breast milk for our most vulnerable infant populations;
- Raise awareness of the BFSP -- increasing our visibility with branding and resources for our program participants;
- Provide Support to our UC Peer Offices -- counseling our UC peer offices on best practices for providing breastfeeding services on their campus and for their affiliates;
- Promote program expansion at UC Davis Health -- increasing the availability and accessibility of lactation sites and multi-user breast pumps on our Sacramento campus;
- Enhanced Room Décor -- improving the look and feel of older lactation rooms making these rooms more welcoming to mothers that are expressing.

Read the full list of recipients at: <http://www.ibclccare.org/directory.html>



One of our favorite resources, The [Greater Good Science Center](#) at UC Berkeley, works extensively with Christine Carter, who has an offshoot webpage, "[Brave over Perfect](#)" and is offering a class previously only available to subscribers, but now releasing it free for the summer. It's based on part of her book, [Raising Happiness](#), and is a course all about finding your own happiness as a parent. [Start the Course Here](#)

With family, summer vacations, and traveling upon us, we invite you to re-visit some of our archived newsletter articles:

- Fall 2012 – [Breastfeeding and the Holidays](#)
- Fall 2015 – [Accomplishing Breastfeeding Goals](#)
- Winter 2017 – [Travel While Breastfeeding](#)

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 cost \$59.99. Online retail giants have them priced around \$75.00. They can be found in the Self Help/Health area.
- ▶ We will be opening a room in Voorhies Hall soon! Many thanks to the Building Maintenance Services folks for thinking of us in their upcoming restroom upgrade! This will provide a much needed room to better serve the eastern part of campus.
- ▶ We will be opening another room to cover the Cousteau area (202 Cousteau STE 260, Davis satellite) this fall thanks to DCM!