

## Davis Classes and Groups

- **Preparing for Breastfeeding, May 24, 12-1 Room E, SCC**
- **Continuing to Breastfeed/Return to Work/School, March 29, 12-1 Room E SCC**
- **Feeding Transitions, April 26, 12-1 Room E**
- **Support Group Meetings: March 16, April 20, May 18 12:00-1:00, Room C SCC**

## UCDH Classes and Groups

- **Feeding Transitions April 19 Ticon III Room 2400**
- **Preparing for Breastfeeding, May 17 Ticon III Room 2400**
- **Continuing to Breastfeed, March 8, 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, March 9, April 13, May 11**

## News and Bits

- Use [this link](#) to get a copy of the most up-to-date site list and Google map.
- The Shields Library now carries these Shirley-recommended books: *The Womanly Art of Breastfeeding*, *Work, Pump, Repeat* and *Breastfeeding Mother's Guide to Making More Milk*. Thank you to our friend at the library for making sure we have these books available for checkout for our moms.
- 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.

## Infant MiND Study

Is your baby ready for solid food? Help researchers at UC Davis discover how introducing solid foods to breastfed infants influences their gut bacteria and cognition.

Volunteers may receive up to \$410 in compensation in the form of Target gift cards.

The Infant MiND Study lasts up to 6 months. Over the study period you will be asked to do the following: feed your infant two different commonly consumed baby foods; collect 7 breast milk samples, 3 stool samples from yourself, and 18 stool samples, and 1 saliva sample from your infant. Study personnel will instruct you on how to collect samples and you will be asked to store them in your freezer until a scheduled pick-up at your home. You will be asked to fill out weekly and monthly questionnaires regarding your and your infant's health, diet and environment as well as daily updates on your infant's diet and health for the first month of the study. You will be asked to come to the UC Davis Center for Mind and Brain in Davis on 4 different occasions for infant cognitive and motor assessments and to schedule a total of 8 visits in your own home with study personnel. Who is eligible to participate?

- Healthy mothers who are 21-45 years old and gave birth by vaginal delivery to a single, healthy, term (>37 weeks) infant
- Predominately breastfed infants who are 5.5 to 7.5 months old and demonstrate readiness for solid food (but have not consumed any solid food yet)
- Mothers who plan to continue to breastfeed their infants until 12 months of age
- Participants are eligible if they live in Davis, Woodland, Dixon, Vacaville or Sacramento;
- Healthy infants without medical complications

View the attached flyer or contact the Human Studies Coordinator, Annie Meier (888) 217-5355 or [infantmind.ucdavis@gmail.com](mailto:infantmind.ucdavis@gmail.com).



## The Importance of Community Support in Breastfeeding...Thanks Moms!

We've all heard the proverb: "It takes a village to raise a child." While breastfeeding is a biological process, many moms find that they need help. Throughout history, women learned to breastfeed by watching other women breastfeed in their community. Women were influenced by their familial and social networks, and, breastfeeding was a normal and daily part of life. With the loss of this very social breastfeeding culture, breastfeeding rates have dropped significantly and mothers have struggled to meet the recommended health care standards, to breastfeed exclusively, and to feel comfortable with today's attitudes towards breastfeeding, parenting and integrating work and life.

Peer support, in the practice of mother-to-mother groups, can be empowering, not only to provide mothers assistance with breastfeeding but to offer emotional and moral support, friendship, encouragement and/or help with solving problems in several aspects of one's life. Sometimes mothers need empathy from women in a similar situation to them, more than a solution-driven conversation or intervention with their healthcare provider. The UC Davis Breastfeeding Support program has routine mother-to-mother groups available to you to share breastfeeding experiences; to be with other women who understand where you're coming from; to provide a safe place to ask any question without judgement; to be accepted for expressing feelings, and, to help with making decisions and to feel good about your decisions.

For a complete list of dates and locations for the support groups at each campus, please refer to our [website](#). Each of these mother-to-mother group meetings is open to any mother from the Sacramento and Davis regions that may not have the same opportunity to access such support. Please feel free to bring a friend or family member, as well as a lunch.

This month, in recognition of mother-to-mother support, we have invited some of our members to share their incentives for attending these meetings:

### *Leslie*

The Breastfeeding Support Group has been a place where I have found a community of parents to connect with and share our experiences in balancing the demands of work and parenthood.

In my journey over the last several years of breastfeeding two children, I have benefited from the knowledge and experience of the group immensely. The celebration of successes and support through challenges has helped to normalize my experience at times when I feel isolated as the only nursing parent in my department.

It has been a great source of community across all facets of the campus, from staff to faculty to students to visiting scholars and Shirley does a fantastic job of connecting folks to continue support outside of the group meeting times. I am thankful for the program and the support from Shirley. I hope that new parents continue to utilize this valuable resource and we continue to see new and returning members.

### *Mavi*

For me attending to this group has been an life changing experience.

Is wonderful to have a space where you can speak about your concerns and experiences with other mothers. I felt very support by Shirley, an extraordinary woman who brings to the group not only her love and advice but a lot of helpful information.

Attending to this group has totally change my perspective as a mom, with all the information I received I make better choices for my baby, I feel more secure about myself and also get to know amazing women. Motherhood has become easier!

### *Anni*

The Mother-to-Mother Breastfeeding Support Group offered on the UC Davis campus has been invaluable to me and my family. My kids happened to be relatively easy nursers, but breastfeeding, parenting a new human and working are always significant challenges! This group provided a space I could count on each month to connect with other mothers, draw from Shirley German's professional expertise and gentle comfort, and refuel myself.

Through the group I've met women who have become part of my support network, and whose voices and words of encouragement I carry with me. I've learned so much about how my body and my babies bodies work together to feed and nourish; this information has strengthened our bond and my sense of security as a parent.

I've often arrived at group without specific questions or concerns, but left with useful information and feeling a greater sense of comfort and connection.

## Letter RE: Glassrock Building at Sacramento

During the quarterly meeting of the UC Davis Breastfeeding Support Program, the circumstances regarding the spare area in Glassrock's 7<sup>th</sup> floor Women's restroom was discussed. In review of the guidelines set forth by the State, UC System, and UC Davis policies, we cannot approve this location as a lactation space due to the following issues:

1. poor ventilation
2. close proximity to a utilized shower
3. lack of safety using electrical items near water source

Therefore, we do not recommend that this area be used for milk expression. We encourage administrators and supervisors to either provide a reasonable space for employees to pump within the department or direct them to register with the UC Davis Breastfeeding Support Program for a list of designated lactation sites managed by WorkLife and Wellness. All pertinent lactation policies and manager resources are available on the site as well.

We have continually searched for a designated lactation space in the Glassrock building, and this has not been possible over the past 2-3 years. Please notify WorkLife and Wellness should a site be identified.

In summary: per UC policy, it is not appropriate to recommend the space in the 7<sup>th</sup> Floor Women's restroom for lactation purposes. If an employee chooses to use this area, they are doing so at their own risk. This letter will be posted in a visible place in the 7<sup>th</sup> Floor Women's restroom. Concerns can be directed to [worklife@ucdavis.edu](mailto:worklife@ucdavis.edu)

Thank you,  
WorkLife and Wellness  
Human Resources, University of California, Davis

## Lactation Room Notes

The BFSP has almost 70 lactation rooms in the Davis/Sacramento area—even one at Bodega Bay.

The Sacramento (UCDH) sites have designated building managers to oversee the facilities and custodial needs of the rooms and we coordinate with them regularly to keep the rooms running smoothly. However, for most of the Davis campus buildings, there are no designated building managers, making it challenging to address the custodial and facilities needs of the rooms. The BFSP only has control over the equipment and information provided in the rooms and not the rooms themselves. So your help in keeping them clean and functional is much appreciated!

### What can you do to monitor and maintain a pleasant space for yourself and others?

- Clean up any spills immediately.
- Wipe down the pump and wipe up any drips on the furniture and floor after each use.
- Stop by our offices (Heitman Staff Learning Center & Ticon III Room 2600) anytime to pick up a canister of wipes. The program is happy to provide them. We simply are not able to make the rounds frequently enough to keep up with the demand (and the rogue canisters that walk off).
- For Davis sites, notify the building's business office if a room is not being cleaned. Reference the Facilities Services [Custodial Service Guide](#) to see what should be done daily, monthly and yearly. (The lactation sites are the same category as restrooms). Contact [worklife@ucdavis.edu](mailto:worklife@ucdavis.edu) for Health sites.
- For heavily-used rooms, feel free to set up a communication system. Some ideas are; google calendars, white boards and notebooks to connect with other room users and establish ways to share the room
- Remember to knock on the door before attempting to enter—just a courtesy to any moms that might be occupying the room. Different doors have differing locks—however, most of the rooms have privacy keypads that are much more convenient. Provided door hangers also help to prevent intrusion.

It's amazing the rooms stay as clean as they do with such heavy usage. Many hands make light work.

Thanks for doing your part and keep up the good work!