

LACTATION SUPPORT PROGRAM

UC DAVIS WORKLIFE NEWSLETTER



NEWS AND BITS

TO HELP YOU SUCCEED...

- SACRAMENTO WEEKLY COMMUNITY/PATIENT/EMPLOYEE SUPPORT GROUP: EVERY THURSDAY AT 10:00 AM
 - JOIN ZOOM MEETING:
[HTTPS://ZOOM.US/J/142741125? PWD=AVZYUEXURGH3SKLHAMM2MTZSB09NQTO9](https://zoom.us/j/142741125?pwd=AVZYUEXURGH3SKLHAMM2MTZSB09NQTO9)
 - MEETING ID: 142 741 125
 - PASSWORD: 224494
 - ONE TAP MOBILE: 1.669.900.6833 142741125#,,#,224494# US (SAN JOSE)
- PLEASE DO NOT SHARE KEYPAD CODES WITH UNREGISTERED PERSONS—THIS IS TO ENSURE AGAINST INAPPROPRIATE USE OF THE ROOMS.
- [USE THIS LINK](#) TO GET A COPY OF THE MOST UP-TO-DATE SITE LIST AND GOOGLE MAP.
- REFER TO THE LAST PAGE OF THIS NEWSLETTER TO REVIEW ROOM ETIQUETTE

UPCOMING VIRTUAL EVENTS

MONTHLY SUPPORT GROUPS
12:00-1:00 PM, APRIL 16
TO ATTEND, EMAIL
SAGERMAN@UCDAVIS.EDU

PREPARING FOR BREASTFEEDING
APRIL 15 [RSVP](#)

CONTINUING/RETURNING TO
WORK/SCHOOL
MARCH 18 [RSVP](#), APRIL 8 [RSVP](#)

FEEDING TRANSITIONS
MARCH 11 [RSVP](#), APRIL 22 [RSVP](#)

Your Input on Support Groups

Support groups bring people together who share common firsthand experiences facilitated by a professional with expert knowledge. At this time, the UC Davis Lactation Support Program (LSP) continues to host monthly mother-to-mother support groups on Zoom facilitated by our program lactation consultant. With advancements in COVID-19 vaccines and treatment, our program is planning for the upcoming Academic year and considering a return to hosting these support groups in-person, when appropriate.

Please complete [this short questionnaire](#) to provide us some information about your preferences and interest in how we continue our support groups with the return to acceptable in-person gatherings.



A Podcast for Dad

The Modern Dads Podcast

Each parenting podcast episode discusses issues today's fathers face navigating work, parenthood, relationships and play. They share stories of dads who are active and engaged in the decisions, the drudgery, and the pains and the joys of parenthood.

This parenting podcast not only brings modern dads into the conversation, but also – regardless of gender – their spouses and partners, friends and colleagues, and leaders in business, entertainment and media.

RESOURCES

TO HELP YOU SUCCEED...

- [I MISS A LOT OF THINGS ABOUT THE OFFICE. MY BREAST PUMP ISN'T ONE](#) NYT
- [CARING FOR NEWBORNS DURING THE COVID-19 PANDEMIC](#) MAYO CLINIC
- [WOMEN'S LABOR FORCE PARTICIPATION RATE HIT A 33-YEAR LOW IN JANUARY](#) CNBC
- [COVID-19 VACCINE GUIDANCE FOR THOSE WHO ARE LACTATING IS BASED ON FAULTY ASSUMPTIONS EXPERTS SAY](#) PBS NEWSHOUR

Vaccines?

Just under one year after the routine of our world came to a screeching halt in the presence of a global COVID-19 pandemic, a range of effective vaccination campaigns are in place. While the vast majority of people are still vulnerable, the interest in getting vaccinated, especially among at risk pregnant and breastfeeding mothers, is considerable.

The Centers for Disease Control and Prevention (CDC) reports that “getting vaccinated is a personal choice for people who are pregnant.” Although it’s not required to have your personal care provider’s permission prior to getting a vaccination, the CDC does recommend discussing your individual options with them. Some key considerations for discussion: the likelihood of your exposure to COVID-19; the potential risk(s) to you & your fetus associated with COVID-19; exposure guidelines; and the side effects of vaccines. For more information, refer to the [American College of Obstetricians and Gynecologists \(ACOG\) recommendations for Vaccinating Pregnant Individuals.](#)

At this time, “there are neither data on the safety of COVID-19 vaccines in lactating women nor on the effects of mRNA vaccines on the breastfed infant or on milk production/excretion. mRNA vaccines are not thought to be a risk to the breastfeeding infant.” ([CDC – February 12, 2021](#))

If you would like to read more about the present considerations of COVID-19 vaccinations during pregnancy and breastfeeding, please refer to the [February 11, 2021 video update from the American Medical Association.](#)

LSP Room Access

Throughout COVID, it has been difficult to ensure access to rooms on the Davis Campus as most are officially closed. As we do not “own” the rooms, if a building is closed we do not have a way to open it for our LSP participants. The campus was not prepared for this situation but we have a solution on the horizon. We are working with the new [Aggie Access](#) program and they will grant our program the ability to open locked doors (after hours or closures) for our participants.

As we reopen campus, all campus community members will be asked to download the new app to access the program. We will update you on our agreement with the program and how we can all work together to get better access.



MORE INFORMATION AND EARLY RESEARCH

- [UNIVERSITY OF ROCHESTER: CORONAVIRUSE RESEARCH STUDIES](#)
- [JAMA: COVID-19 VACCINATION IN PREGNANT AND LACATING WOMEN](#)
- [UMASS AMHERST BREASTMILK RESEARCH LAB: UPDATE](#)
- [HOPKINS MEDICINE: THE COVID-19 VACCINE AND PREGNANCY: WHAT YOU NEED TO KNOW](#)
- [THE LANCET: BREASTFEED OR BE VACCINATED-AN UNREASONABLE DEFAULT RECOMMENDATION](#)
- [TEXAS TECH INFANT RISK CENTER: COVID-19 VACCINE IN PREGNANCY AND BREASTFEEDING](#)

Lactation Room Etiquette

To ensure the security of our lactation rooms, there is no published list of rooms. We request instead that anyone wishing to use our assigned sites register with the Lactation Support Program (LSP). To register, please go to: <https://hr.ucdavis.edu/departments/worklife-wellness/breastfeeding>

- Lactation rooms should be used only for the purpose of expressing, storing and collecting breast milk. Please limit the use of these spaces to these activities. Twenty minutes is considered a reasonable time to use the room.
- The LSP provides a hospital-grade pump for your convenience and efficiency in collecting your milk. If you use the pump provided, you are responsible for obtaining the appropriate collection kit as used by the campus on which you are located. You can find more information about this on our website.
- You are welcome to bring your own pump to use in the lactation rooms. If you do so, please remember to plug in the room pump again when you finish.
- For health and safety reasons, refrigerators are not provided by the LSP. If there is a fridge in the room, it has been provided by one of the departments in the building and is the responsibility of that department to maintain and to secure your milk. *We do not recommend leaving milk unsecured. Additionally, small, general-use (not commercial-grade) refrigerators are not able to maintain a safe temperature for human milk.*
- Always knock prior to entering any lactation site. Sometimes, the signage left on the door is inaccurate; users may have forgotten to place the available “occupied” sign on the door, or, leave it accidentally listed as “occupied” in their rush to return to work. If no one answers upon your knock, confirm with a verbal check and then feel free to enter. If you are the user within the lactation room and do not respond to the knock or verbal check, please expect to be interrupted.
- In single occupancy rooms, if you receive a verbal response to a knock or a verbal check, you may wish to converse with the occupant to determine a reasonable time estimate that they will need to finish. Twenty minutes is considered a reasonable time to need the room to express milk and clean up.
- Many of our lactation sites can be heavily impacted when several mothers from the same or overlapping departments are returning to work. The LSP does not have the resources to schedule and monitor the use of the rooms on a daily basis. Be aware of alternative spaces and visit them prior to returning to work to establish their use impact and/or how to get there. Talk with your supervisor or manager about alternative arrangements, as they are ultimately responsible for providing the space needed for your milk expression needs.
- One can arrange with one’s pump companions to make the most efficient and equitable use of the space provided by communicating and meeting with each other, in person or virtually. Some ideas that mothers have arranged – a notepad or white board in the room to leave messages, an app-based schedule, time-in/out sheet, etc. At all times, one should consider that these rooms are also to be available for our transient population (i.e., students who find themselves in that region of campus for a quarter, affiliated visitors to the campus, etc.).

Multiple User Rooms: If you are the first to enter a multiple user room, consider using the pump/station furthest from the door. You may want to bring a small blanket or cover-up if you desire privacy when doors are opened. Following the guidelines as listed above regarding appropriate etiquette upon arrival at a lactation site, it would be helpful to verbally identify if there is another station available, or, that all stations are in use. If using audio, please use earbuds or headphones.