Breastfeeding support services

The UC Davis Breastfeeding Helpline offers help, answers and support.

- Call the Breastfeeding Helpline to leave a message at 916-734-7591
- Leave a message on the program voicemail
- A lactation consultant will return your call within 24 hours

Our free, weekly postpartum breastfeeding support group connects you with others with shared experiences and who can provide support and help resolve breastfeeding challenges. The group is open to all UC Davis patients, employees, community members and families. The support group meets every Thursday from 9:30 to 11:30 a.m. in the Glassrock Building at 2521 Stockton Blvd., in Room 7106.

Lactation care and management services are also offered at UC Davis Medical Group – Davis for current patients.

These sessions do not require a referral from your doctor and include help with:

- Positioning and latching
- Treatment for sore nipples and breasts
- Milk supply challenges
- Knowing when your baby is getting enough

Please call 530-747-3000 to be placed on the schedule.

Resources for UC Davis affiliates

Faculty, staff and students of UC Davis and UC Davis Health are encouraged to register for the UC Davis Breastfeeding Support Program. The program provides university affiliates and their partners with lactation consultations, benefits workshops, support group meetings and the use of hospital grade breast pumps located in close to 40 lactation sites on the UC Davis campus and 10 sites on the UC Davis Health system campus.

Please visit worklife-wellness.ucdavis.edu/breastfeedingsupport for information and to register.

Program recognition

The International Board of Lactation Consultant Examiners (IBCLE) and International Lactation Consultant Association has recognized UC Davis with the IBCLC Care Award for multiple years. The IBCLC Care Award recognizes maternity and community-based facilities worldwide that hire currently certified international board-certified lactation consultants and that offer programs that promote, protect and support breastfeeding.

The Breastfeeding Support Program on the Davis campus received the Community-based Care Award in 2014 and 2016. UC Davis Medical Center received the Hospital-based Care award in 2013 and 2015, and the UC Davis Medical Group – Davis clinic received the Community-based Care award in 2016.

The California Breastfeeding Coalition selected the UC Davis Breastfeeding Support Program to receive a Mother-Baby Friendly Workplace Employer Award in 2013. The award recognizes companies that support their breastfeeding employees by providing written policies that support breastfeeding women in the workplace, employee training on those policies, a private place to pump and reasonable break time to pump milk.
Breastfeeding benefits

Breastfeeding your baby offers you both a number of health benefits. Breastmilk is easily digestible and contains valuable nutrients that help your baby develop and grow.

Benefits for baby include:
- Fewer instances of constipation and diarrhea
- Lower risk of obesity and diabetes
- Fewer and less severe respiratory and gastrointestinal infections
- Reduced risk of developing allergies and asthma
- Strengthened immune system and enhanced response to vaccinations (breastfeeding is not a substitute for immunization)
- Increased cognitive abilities
- Exposure to a variety of flavors from your foods, preparing them to transition to solid food

Planning during your pregnancy

Use the time before your baby arrives to learn about breastfeeding and get answers to any questions you may have. The more you know about how to get started and the benefits of breastfeeding, the more likely you are to succeed.

Before you deliver, you may want to:
- Attend a tour of the University Birthing Suites – every Sunday at 4 p.m., no registration required
- Enroll in prenatal classes – available at UC Davis Medical Center, UC Davis Medical Group – Davis, UC Davis Breastfeeding Support Program, or through the Women, Infants and Children (WIC) program
- Talk with experienced friends and family
- Get fitted for a maternity or nursing bra
- Contact your health insurance provider to order a breast pump

UC Davis Health offers a monthly Breastfeeding and Baby Basics class open to patients and community members. The class is designed to help you learn normal newborn behavior and what to expect. Topics include:
- The basics of breastfeeding
- Mother and infant nutrition
- Caring for your newborn
- Other topics of interest

Registration and additional information for the Breastfeeding and Baby Basics class are available online at healthsystem.ucdavis.edu/wellness/classes/breastfeeding_babybasics.html.

Prenatal breastfeeding classes are also available at UC Davis Medical Group – Davis. Contact Shirley German at sagerman@ucdavis.edu for more information. These monthly classes can help you prepare for breastfeeding before your baby arrives. In these sessions, you will learn how to:
- Get breastfeeding off to a good start
- Know when your baby is receiving enough milk
- Identify what can help or interfere with breastfeeding
- When and where to find support

We know that breast milk is best for babies, but for many first-time mothers, nursing success can be a challenge. UC Davis Health system is pleased to offer a number of classes and services to help you achieve your breastfeeding goals and provide optimal care for you and your newborn.

At the hospital

Your baby is here! This is an important time as breastfeeding is a skill that can take time to learn. Don’t expect perfection at first – there is a learning curve for both mothers and babies.

All UC Davis perinatal nurses are trained to teach you how to breast feed. Certified lactation consultants are also available to assist during your postpartum stay in the hospital. Ask your nurse to set up a visit with a lactation consultant if:
- You have any questions or concerns
- Your baby is not feeding well or experiencing excessive weight loss
- You’re having persistent breast or nipple pain
- Your baby was born 35 to 37 weeks gestation

Your nurse and lactation consultant can also help you learn to hand-express your milk or get started with a breast pump. Early and frequent milk expression will stimulate your milk supply and provide beneficial colostrum for your baby. Hospital-grade breast pumps are available for your use during your hospital stay.

Ongoing support and resources

UC Davis is committed to providing you a continuum of care, one that continues after you bring your baby home from the hospital. Don’t be afraid to ask for help. Our nurses, doctors and lactation consultants are all available to help you.

We are also pleased to offer you and your family access to a variety of postpartum breastfeeding resources including telephone support, classes and support groups.