

Lactation Support News

Fall 2019

UC DAVIS
WORKLIFE

Davis Classes and Groups

- **All classes at Student Community Center Rm C 12:00-1:30, RSVP to sagerman@ucdavis.edu**
- **Continuing to Breastfeed/Return to Work/School: Sept 26**
- **Feeding Transitions: Oct 24**
- **Preparing for Breastfeeding: Nov 14**
- **Support Group Meetings: Sept 20, Oct 18, Nov 15, 12:00-1:00 SCC Rm C**

UCDH Classes and Groups

- **Continuing to Breastfeed: Sept 19, FSSB 2020**
- **Preparing for Breastfeeding: Oct 17, FSSB Room 2020**
- **Breastfeeding Clinic and Community Support Group Thursdays 9:30-11:30, Glassrock Building Room 7106**

Pending Lactation Rooms

Davis Campus:

- Walker Hall: Winter 2020
- Yosemite Hall: (formerly Webster) Fall 2019

Sacramento Campus:

- Hospital D11 Hallway Mamava Pod Winter 2020

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.
- Take a look at this [great booklist](#) from [The Collective Mom](#). Many other resources (podcasts, apps) can be found on their site.

2019 Milk Drive

UC Davis will once again host a site for the 8th Annual Breastmilk Drive where people are invited to bring their frozen human milk to one of the participating sites throughout the Sacramento area. The drive is intended to increase awareness of the power of human milk, the need for increased human milk donation to non-profit Milk Banks and the engagement of the community to make milk donation a priority. Look for additional information as we get closer to the date, December 5.

UC Davis Lactation Science News

Read the article "[Probiotic helps breast-fed babies beat antibiotic resistant germs, UC Davis study says](#)" from the Sacramento Bee to learn about the newest science coming out of the Human Milk Project at UC Davis.

Health People Parking on Davis Campus

Please note, those with Sacramento "B" parking permits must obtain a virtual parking permit for use on the Davis Campus:

- Go to website: <https://health.ucdavis.edu/parking/online/>
- Under Demonstration Videos, click on the "How to obtain a Notice of Virtual Parking Permit (Davis Campus)"
- Print your permit
- Place your permit on the dash of your car when you park here on the Davis campus
- You may park in any of the A lots on the Davis campus

Lactation Support News is published by UC Davis WorkLife
Contact us at: worklife@ucdavis.edu To remove your name for our mailing list [click here](#).



2018/2019 Evaluation Report

Davis Campus: 60 Respondents

Identified Top Concerns:

- Some rooms are better than others
- Remote ability for classes and support groups
- Janitorial concerns/cleaning up after self
- Old furniture in old rooms
- Site list access

Sacramento Campus: 55 Respondents

Identified Top Concerns:

- More rooms and/or stations
- Janitorial concerns
- Stocking of wipes/gloves/paper towels
- Room etiquette for multiple pump rooms
- Second station at MIND
- Cancer Center room

What are we doing to address these concerns?

Lactation Rooms:

Design Standards for both campuses include the inclusion of a lactation room in all new-builds and remodels. Older buildings which have not had a remodel, particularly on campus, were not built to these standards so the rooms are often carved out of existing space and we recognize that these spaces are sometimes not ideal. It is extremely difficult to get space in an existing building and we have to work on the premise that we need to meet policy, provide a feasible option, and that sometimes something is better than nothing, so therefore we will keep some less than ideal rooms, particularly if they fill a geographical “desert”.

This past year, we combed the hospital floor by floor, and suggested/requested many lactation spaces of the units/departments, all of which were denied. We did however encourage the hospital to order a Mamava pod to be placed in a corridor on D11 and received assurances that managers understand their responsibility to provide lactation accommodations. Additionally, the hospital ordered a Mamava for the Hospital lobby area near the ER to serve hospital visitors.

Specific Room Efforts:

Hospital:

- Children’s Surgery: lock installed, curtain tracks installed, curtain pending EVS installation.
- MIND: partition tracks installed for second station, curtain pending EVS installation
- Women’s Pavilion: curtain ordered for second station
- ER: lock ordered

Davis Campus:

- Used but cleaned table and loveseat for VMTH
- Used but cleaned loveseat for Chemistry
- Used but cleaned table in Storer Hall
- Used but cleaned loveseat for Young Hall
- Moved ARC Room out of Gender Neutral restroom to single-purpose site

A site list and link to the google map are provided in every newsletter and are always granted if you pop us an email. Site lists are updated within 24 hours of any change (upon our notification in the case of facilities communications) and the listserv is notified immediately of any changes.

Room Upkeep:

We are in regular contact with facilities units at both campuses. For Health, we are able to put in additional work requests in addition to normal upkeep. For campus, we regularly update custodial leadership concerning the rooms and request regular cleaning as well as deep cleaning over Spring, Summer and Winter breaks. So, at an overall level

2018/2019 Evaluation Report continued

we are in frequent contact with custodial regarding the upkeep of the rooms. However, building by building breakdowns do occur and we request, for Davis locations, you contact your building department to get the issue resolved as the LSP has no ability to put in individual work requests as the rooms are not technically assigned to our program. So, if a room in a campus building needs attention, please treat it as you would a dirty breakroom or bathroom short on supplies—the lactation rooms are part of the “building” so individual requests must come from someone residing in that building. If you have a re-occurring issue with a room that is not resolved through these normal processes, then contact us and we can contact custodial leadership concerning that particular building.

Supplies:

Campus: Wipe canisters are always available for pick up at Heitman Staff Learning Center. We do get out to the rooms twice a year to restock, but simply don't have the staff support for regular visits.

Health: Please contact Marina Podoreanu for restocking of wipes and gloves—the Lactation Consultants at the hospital also have a stash. As a result of the evaluation, we have reached out to facilities and they will be providing the wipes and gloves, that we will provide to them, as part of their normal restocking process.

Ability to access educational programs remotely:

We realize it is difficult to get out the door with a baby! For this upcoming year we are working to pilot “zooming” some classes—at the exploring stage now, but look for those...

Room Etiquette:

In response to the most recent survey, we are now identifying on the site list if a room is single or double user. We have also added “Room Etiquette” to the rooms and our website. Please see the next page for a copy of the web document. Shorter versions will be posted in the rooms.

What We Ask of You:

Please practice the Golden Rule and clean up after yourselves as just one uncleaned “oops” (remember we have hundreds of pumping moms) can soil a room. Please encourage everyone who uses the room to register as the numbers help us help you and registration helps keep the rooms secure.

We want you to know that there are some issues that are simply the best we can do with what we have, some situations where WorkLife can make some adjustments (and continuously campaign for more/better resources) to address identified challenges, and some areas where it is important for us to all work together responsibly and with kindness for each other.

Lastly, If you have a concern or complaint, please do not post on social media and expect the issue to be addressed. Complaining on social media is counter-productive to our mission of positive culture change and providing services to our staff, faculty and students. We prefer to be contacted about any concerns you may have so we can effectively address the situation. Additionally, the annual evaluation is a good and appropriate opportunity to provide your thoughts so we can address specific complaints concerning our programming.

Lactation Room Etiquette

All Rooms:

- 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. Until curtains are installed, 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.