

Lactation Support News

Winter 2020

Davis Classes and Groups

All classes are held at the Student Community Center Rm C from 12:00-1:30

- Continuing to Breastfeed/Return to Work/School: January 23 [RSVP](#)
- Preparing for Breastfeeding: February 27 [RSVP](#)
- Feeding Transitions: April 23 [RSVP](#)
- Support Group Meetings: Jan 17, Feb 21, April 17, 12:00-1:00 SCC Rm C

UCDH Classes and Groups

- Continuing to Breastfeed: Jan 16, March 19, 3B Ticon III [1-16 RSVP](#) / [3-19 RSVP](#)
- Preparing for Breastfeeding: Feb 20, April 16, 3B Ticon III [2-20 RSVP](#) / [4-16 RSVP](#)
- Breastfeeding Clinic and Community Support Group Thursdays 9:30-11:30, Glassrock Building Room 7106

Pending/New Lactation Rooms

Davis Campus:

- Walker Hall: Spring 2020

Sacramento Campus:

- Aggie Square HQ Bldg. Room open/still awaiting full furnishings

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 worklife@ucdavis.edu
- The NY Times has a great [Parenting site for New and Expecting Parents](#) with deeply researched guidance, news and stories to help navigate life with young children.

Support Group for Faculty Parents

Attention, new and recent **faculty** parents! Are you feeling overwhelmed by the demands of new parenthood? Do you sometimes feel as though you'll never sleep again, let alone have a clear intellectual thought? If so, please join us for a [drop-in support group for faculty](#) parents of babies and toddlers. Come meet and connect with others as we share ideas and strategies for engaging in research and writing while parenting a very young child or children.

Chilly Rooms?

For the Davis campus, please give feedback concerning the temperature of the lactation rooms through the TherMOOstat website as that is the preferred process to get the temperature adjusted in campus buildings.



TherMOOstat.ucdavis.edu

Changing Table Search... help a sister (or brother) out!

Thank you to all who have checked out your building for baby changing stations...we have a handle on most of the Health Campus but still need some help for Davis. Please take your 15-minute break today and take a walk (exercise and altruism are good for you) around your building to see (check the restrooms!) if there is a changing station and then report it in our [crowdsourcing link](#). This is a feel-good way to make our campus welcoming and supportive to all.

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](#).



A little help...

There are funds available for Yolo County residents who are breastfeeding and returning to work or school. The program provides a loaned breast pump and all other needed supplies such as tents, cooler bags, pumping bras, breast pads, etc. Please call the breastfeeding warm line and leave a message 1-800-663-8685. Feel free to forward this information to those who may need this assistance.

A Setback at Health

We are very unhappy with the recent news that we will be unable to put the proposed Mamavas in the Hospital. One was going on D11 for staff and one was intended for visitors in the lobby. When we proposed the new units last year, the Health Fire Marshall approved placement and the hospital approved funding. Communications even designed a custom marketing campaign for the surfaces. We were informed in late December that the new Health Fire Marshall will not allow the intended placements and will not allow any pods in hallways or other open spaces that are not a proper room. So, we are back to square one with providing additional lactation space at the hospital. We continue to work with the administration to find a solution to the ongoing issue of highly impacted rooms. Continued registration (Health numbers are up—thank you) and reminders to supervisors that they are bound by policy to provide space within a 5-7 minute walk, bolsters the argument for additional spaces. Please keep up the good work making your needs known at the hospital.

WorkLife Hub Podcasts

If you are into podcasts, check out this [great series from the WorkLife Hub](#). Particularly a [recent episode](#) titled, “Making motherhood work. A conversation with Caitlyn Collins” (author of Making Motherhood Work: How Women Manage Careers and Caregiving). Listen in as Agnes and Caitlyn speak about the notion of work-life justice, work-life conflict, gender inequality at the workplace and in family life, and the findings of a cross-national research study interviewing 135 working women.

Support for Support Groups

By Shirley German, Program Lactation Consultant

A support group is formed when people come together with a common interest or life experience. The best support group for mums returning to work, is other working mums.

Research demonstrates that support groups provide us with resourceful and valuable coping skills, a sense of self-worth and/or empowerment, and a feeling of acceptance or belonging. Support groups can be particularly helpful for mothers who are juggling the tasks of work and home.

A mother returning to work after having a baby often wants to know...How do I navigate (my) workplace’s unique parental culture? How do I manage the logistics of pumping, daycare emergencies and/or spending time away from my little one? Sharing information, ideas, experiences and feelings in a safe place with others undergoing similar experiences helps us feel connected and validated.

Our support group meets monthly in an open discussion and exchange of ideas on how to manage work and parenting. The group meets on the third Friday of most months, in room C of the Student Community Center, Davis. Come and reflect upon the challenges, emotions and practicalities faced everyday as the result of being a working mother and meet other mothers facing the same struggles.

Our next support group will meet on Friday, January 17, from noon to 1:00 pm. Feel free to bring your baby, your lunch, a friend, spouse/partner, or another family member or care-giver. You do not need to be lactating or breastfeeding to attend.



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.