

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, MAY 21
TO ATTEND, EMAIL
SAGERMAN@UCDAVIS.EDU

PREPARING FOR BREASTFEEDING
MAY 13 [RSVP](#)

CONTINUING/RETURNING TO
WORK/SCHOOL
MAY 27 [RSVP](#)

FEEDING TRANSITIONS
MAY 20 [RSVP](#)

Shirley German is Retiring



It is with mixed emotions that I announce I have chosen to retire as a Lactation Consultant and am resigning my position with the UC Davis Lactation Support Program (LSP) as of May 28, 2021.

I want to thank all the LSP members I have had the good fortune to work with in my 9 years at UC Davis. Your persistence, dedication, and grace to breastfeed while working or going to school (and through a global pandemic) has been inspiring! I have learned so much from all of you. I will miss you and the beautiful persons you have created enormously.

My immediate retirement goal is to spend some much-anticipated time with various extended family members (missed during these past many months of separation) and to direct my passions to new adventures.

In the interim before my replacement:

- Please refer to our website for details regarding classes, support groups, and community resources.
- For in-person consults, Jessica Hopp is our new UC Davis Health Outpatient Lactation Consultant. She can be contacted at: 916-734-6921.
- On the Davis campus, the UC Davis Lactation Program is hosting discussions with an IBCLC intern under the direct supervision of a certified lactation consultant. These interns are enrolled in the Maternal, Child and Nutrition IBCLC Program. See below.

Free Lactation Education

The Maternal and Child Nutrition Master's students from the UC Davis Human Lactation Center is happy to announce free lactation education (not clinical lactation) personal appointments for staff and students. You can talk with a current maternal, child and nutrition IBCLC intern under direct supervision from a certified lactation professional and discuss a variety of topics to help make your feeding experience less stressful. Example topics include; getting started with breastfeeding, what to expect, early experience, feeding tips, expected and unexpected challenges, when to get a referral and reassurance that you are an amazing parent! Send an email to Lactation@ucdavis.edu to request an appointment.

Please Complete the Annual Survey

Please complete our annual LSP program evaluation. This provides metrics for us to identify needs, ensure programming continues and identify areas of improvement or adaptation. It should take about 10 minutes of your time.

Please complete by Monday, May 10:



Vaccinations During Pregnancy and Breastfeeding

In response to ongoing requests regarding vaccinations and breastfeeding, we have reviewed and compiled the following articles for your reference:

- JAMA Network Article: [SARS-CoV-2-Specific Antibodies in Breast Milk After COVID-19 Vaccination of Breastfeeding Women](#)
- Infant Risk Center, Texas Tech University Health Sciences Center Article: [COVID-19 Vaccine in Pregnancy and Breastfeeding](#)

What's Next?

With Shirley's retirement we will be pausing the IBCLC programming including all consults, classes and the Davis campus support groups for the summer months (June, July and August).

We have started the process to fill that position but it may take a while.

The LSP program would like to take this opportunity to thank Shirley for her years of dedicated service to our program, our team, and our customers. Shirley has dedicated her time, knowledge and compassion to our program for nine years and she will truly be missed by her fellow colleagues and customers.

Shirley helped move the bar on our programming to offer you knowledgeable and compassionate advice and support. She coordinated outreach into our community and helped normalize lactation issues and support. We will truly miss you Shirley. and wish you happiness and peace in your next phase!



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 the [WorkLife LSP website](#).

- 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.