

Breastfeeding Support News

Spring/Summer 2019

UC DAVIS
WORKLIFE

Davis Classes and Groups

- **Preparing for Breastfeeding: May 23 SCC Rm E**
- **Continuing to Breastfeed/Return to Work/School: January 24, 136 Hoagland Hall, June 27, Student Community Center (SCC) Room E**
- **Support Group Meetings: June 21, July 19, 12:00-1:00, SCC Room B**

UCDH Classes and Groups

- **Continuing to Breastfeed: June 20, FSSB Room 2020**
- **Preparing for Breastfeeding: July 18, FSSB Room 2020**
- **Breastfeeding Clinic and Community Support Group Thursdays 9:30-11:30, Glassrock**

Pending Lactation Rooms

Davis Campus:

- Walker Hall: Fall 2019
- Webster Hall: Fall 2019

Sacramento Campus:

- Hospital D11 Hallway Mamava Pod Fall 2019

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.
- Due to the East Wing seismic work at the hospital, the Lactation Room on East 7 will be closed permanently June 10. We were notified on very short notice. We are sorry for the inconvenience.

We want your feedback

Please complete the [Breastfeeding Support Program evaluation](#). It should take about 5 minutes to complete. We value your feedback and input so we can best meet your needs and identify any potential areas for improvement. Please complete the survey by May 27.

Kudos

A [recent article in Scientific American](#) gave a shout out to our Davis campus program recently, "One great example is the University of California Davis, which was on the vanguard of having a comprehensive lactation support program. They have a clear lactation policy, but also includes lactation support on campus, almost 50 lactation spaces, pump kits and hospital-grade pumps."

The blog article, *Do Science. Pump. Repeat., How to improve scientist-moms' breastfeeding experience* appeared in the March 18 edition and explored the issue of supporting lactation at work, particularly for women in the sciences. This kind of recognition assists us in providing more robust programming for both campuses by reinforcing the notion of the importance of employer support for lactation.

Help us find Baby Changing Stations

We are trying to locate changing tables on both campuses so we can verify and then make a map for campus affiliates and visitors. The Child and Family Care Advisory Committee has established a crowdsourcing page where you can let us know the location of any diaper changing stations--if you can check your building that would be much appreciated by us and those persons toting diaper bags! Let us know [at this LINK](#) ..and thank you in advance for your help!

Breastfeeding Support News is published by UC Davis WorkLife

Contact us at: worklife@ucdavis.edu To remove your name for our mailing list [click here](#).



What Happens at a Lactation Consultation...and, Do I Need One?

In general, consultations are a collaborative process where both parties can communicate with an opportunity to express and raise issues of concern as well as provide knowledge to assist in arriving at an effective, acceptable, practical solution.

Like any new skill, breastfeeding takes knowledge and practice to learn. Formal breastfeeding education and consultations with trained providers, can deliver current evidence to assist a mother with her decision to breastfeed, use best-practice education, training and assistance for mothers to practice how to breastfeed, address clinical management of complex lactation or breastfeeding problems, and/or, provide positive reinforcement to assist mothers in reaching their personal breastfeeding goals.

Breastfeeding education and consultations can occur under several arrangements:

- By email
- By phone
- By attending Peer support groups;
- By scheduling Individual consults
- By “virtual” home visits

While email communication may be a more convenient way of identifying and initiating a breastfeeding issue (i.e., non-urgent, informational only, reduces the need to work around schedules or transportation with a small/young baby), practical support will be limited. Email consults might be reserved as an initial means to identify and outline a breastfeeding problem.

Phone calls can be limiting in practical support as well; although, phone calls do allow one the opportunity to discuss solutions in collaboration and “real-time”. A personal consult may be required still to follow-up with for the clinical management of a breastfeeding problem.

Women’s social networks can be highly influential in their decision-making processes. Attending meetings with a peer group can provide shared assistance, support and knowledge from other mothers experiencing similar breastfeeding challenges and concerns about parenting. Groups facilitated by someone with at least some formal training in breastfeeding education, will provide care beyond standard breastfeeding information.

Statistics indicate that mothers across the nation, typically, are not breastfeeding long enough. Many common breastfeeding problems lead to the cessation of global breastfeeding guidelines for initiation, exclusivity or duration as established by the World Health Organization (WHO) and supported by the American Academy of Pediatrics (AAP). Lactation Consultants have the training and knowledge to prevent and treat common problems throughout a woman’s maternity, pregnancy and beyond that may result in mothers being unsuccessful in meeting these guidelines.

What to expect from a Personal Lactation Consult:

One of the greatest burdens of a personal consult, is the need to transport a newborn/baby and arrive on an established schedule! Walking may be challenging for some mothers recently delivered of their baby or having undergone a complicated delivery. Consider bringing someone with you to provide assistance with this as well as another view of the information to be discussed.

The consultant will want to know the age of your baby; the most recent weight and weight gain/loss trend; a little history of your birth experience (especially if baby is a newborn); any medical conditions or medications you or your

consults.....continued

baby are taking and what your breastfeeding goals are. They will also want to know any pertinent breastfeeding history, as appropriate, breastfeeding patterns and/or supplementations, and diaper output.

The consultant will provide an evaluation of mother's breasts and nipples, baby's appearance and behavior, and observe a breastfeeding session. Bring a hungry (not starving) baby! Throughout the consult, the Lactation Consultant will observe and assist you to make adjustments regarding latch and positioning as appropriate.

You should leave the consult with recommendations for a feeding plan, treatment of any pain that you or your baby is experiencing, a referral to appropriate healthcare providers or support groups, as needed, and, a timeline for your plan. Educational resources may also be provided, as appropriate.

While the **Affordable Care Act** (ACA) requires most insurance plans to "cover the cost of a breast pump and breastfeeding counseling..." many lactation consultants, serving mothers after hospital discharge, are private and unable to bill health insurance companies directly. As a result, there will be a cost associated with most personal lactation consultations.

More and more healthcare systems are initiating a form of Virtual Visits for various non-urgent health related issues. Virtual lactation or breastfeeding visits would allow mothers and babies to get assistance and advice from the comfort of their home while providing a visual component to "see" what is going on. Virtual visits might typically occur as a follow-up to routine visits with a provider and should not replace specific appointments (e.g., weight checks, infections, suck assessment, medical procedures, etc.) Virtual visits would require knowledge and accessibility to the appropriate provider as well as the appropriate software and technology for the consultant as well as the patient.

Consultations can protect, promote and support a mother's personal breastfeeding goals. Understanding the purpose for which one seeks a consult and an awareness of the various challenges and conveniences under which a consult can occur, can direct mothers to find appropriate assistance, as available.

The UC Davis Breastfeeding Support Program has a number of options to provide assistance with breastfeeding challenges including free consults with our IBCLC Certified Lactation Consultant for staff, faculty, students, and their partners. Please refer to our [consultation page](#) for details.

We hope you have a
fantastic summer.

