

Breastfeeding Cafe

Connect, facilitate, nurture and empower

(Newsletter Vol 6, May 2017)

Hello all,

Happy Mother's Day to all the mothers out there! You all are amazing.

Hope everybody is doing great! The weather is just so shiny and glorious and it's already showing us that summer is here. Summer means lots of outdoor activities, barbeques, and soaking up nature for all those in California. The sun never sets here in summer; that's what a Pacific summer means to me.



In this newsletter, I would like to take a few minutes of yours to describe our event that happened on 21st April 2017. Step by step we are moving ahead, and we need your help as we build this community. The event took place this 21st of April, and we got a huge amount of support from our community. We would like to thank all those parents who spent a few hours with us despite their busy and hectic schedules. Without your support, it would never have been possible. I am also thankful to our sponsors without whose contributions the event would not have been possible.

Medela¹ was the resource partner for our event. Medela's Breastfeeding University is a collection of online courses and videos designed to help expectant and existing mothers, fathers, and even grandparents prepare for the experience of breastfeeding. Please click here <http://bit.ly/2iPN65S> and use promotion code MCWA2CNS for complimentary access.

Our event partners were **Oakiwear**, **Imperfect Produce**, and **Luke's Local**².

Whole foods sponsored a gift coupon for the raffle.

We are also thankful to the local baby/kid-friendly businesses which supported us with their presence and shared their domain knowledge with us.

¹ (MedelaAtWork.com is a resource to support moms as they transition back to work. This source has tips—from experts and moms alike, as well as references for state laws and requirements. MyMedela is a free app available for Apple and Android that allows moms to track their nursing and pumping sessions, as well as diapers, growth, and sleep.)

² (They offered 10% discount to every participant at the event. Get the coupon [here](#))

Janet Fishstrom Dombro³, from Janet Baby Mom, shared her views on the initial hassles of breastfeeding and the lactation issues a mom faces after childbirth. She is an IBCLC and mom to 5 kids. She stays at San Jose.

Cristina Leal⁴, a certified babywearing educator, shared babywearing basics and gave us information about different types of wraps/carriers which might help parents soothe their babies. She stays in San Jose and can be contacted over email.

Patricia Bouissou⁵, the sleep coach from Sleeping Infant shared her knowledge about making infants sleep comfortably.

Dominique Vincent⁶, Executive Director of Blossom Birth, shared her journey and how Blossom Birth is helping new and expectant parents by providing resources and services for a healthy, confident, and informed parenting and pregnancy journey.

Summer, Molly, and Katy⁷, the chapter leaders from Hike It Baby, shared how Hike It Baby helps families connect with one another and gets them outside to hike in natural surroundings, in a baby/child-friendly way.

Atreyee⁸ from Createcetra took care of the art projects done by kids with all the eco-friendly materials. Kids loved her. She wrote a few lines about her project and how she got herself involved so passionately with it.

We had an amazing storyteller, **Phu**, who had the kids spellbound.

Irene⁹ from Rawsinka, makers of healthy living rye bread, shared her story about how they have incorporated all healthy raw ingredients to make this healthy bread.



The uniqueness of this community was mostly that all of us were parents who are going through the same kind of struggles or have gone through it. They shared their experiences, and struggles with us and explained how this kind of platform would help us. Moreover, every small business which participated was amazing in its field. And that's what a community village is all about, we share our ideas/inspirations and skills to make it a better place every day. We were amazed to see how open-ended play kept most kids engaged for hours. We have a lot

³ <http://www.janetbabymom.com/contact.html>

⁴ <http://cristinaleal.com/>

⁵ <https://www.thesleepinginfant.com/>

⁶ <http://www.blossombirth.org/>

⁷ <https://hikeitbaby.com/>

⁸ Atreyee Ghosh is an artist, teacher, and creative writer based in the Bay Area. Her teaching philosophy is to think outside the box to inspire children of all ages to see and appreciate art in their everyday life. She believes that art is a birthright, and that every single person is a born artist. With her hope of making art accessible to all, she brings her enthusiasm, a strong design background, and a love for fellow humans and the world around us to every class she teaches. She has taught children of different ages in Campbell, Palo Alto, and Mountain View since 2015.

⁹ <https://www.rawsinka.com/>

more to do on this. We thank **PlayGround Ideas** for all their suggestions, and are probably going to tie up with them once the physical space is there.

Snippets of the event can be seen here <https://youtu.be/Eyac61FRpK8>

Spotlight

This week's spotlight is Irina, she is the co-founder of Rawsinka . In this newsletter, she describes her business, how as a parent its difficult to balance family and business, and more thoughts on business and parenting.

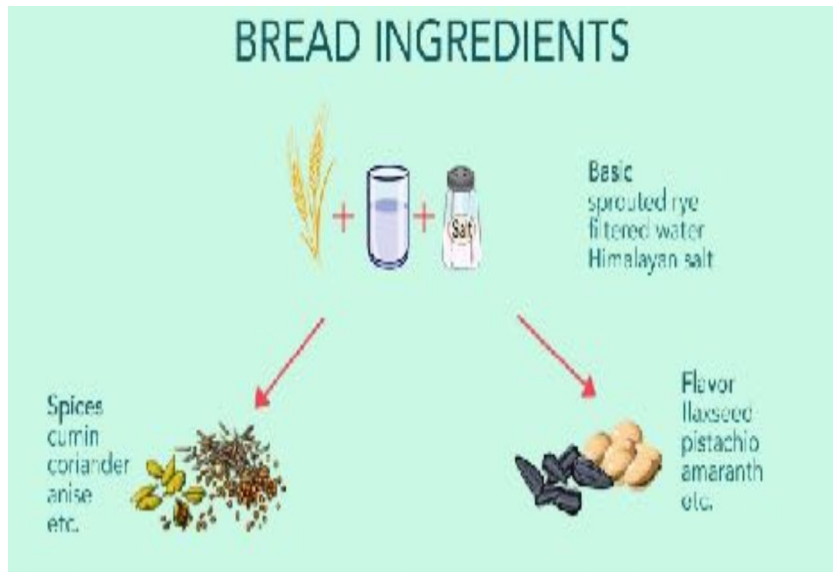
About Rawsinka

Rawsinka is a home-based bakery, specializing in making whole grain sprouted rye bread without yeast. My name is Irina, and I am a co-founder of the Rawsinka along with my husband Alexey, who founded it and runs it. We moved to the US from the west part of Siberia (currently Kazakhstan) in 2011, and started our bakery business in fall 2016.



We sprout rye berries by ourselves, dehydrate, and then mill them at home to get the most benefit out of them saved for us by nature. We keep to centuries-old traditions of bread baking which are not always followed by most manufacturers. From the earliest time, people ate wheat bread only for special occasions, while rye bread was served on a daily basis. A simple breakfast from water and a piece of rye bread was enough to last the whole day. That's why we

picked the rye as our bread's major component. Rye flour contains a lower level of gluten compared to wheat. Its protein is water-soluble and easily assimilated. Another big advantage of rye goods is the fact that rye has not been attempted to be genetically modified yet.



- We use only natural ingredients in our healthy NON-GMO bread. For baking it, we get ORGANIC rye, grown in the northern part of the USA and Canada from reliable suppliers.

- We follow the VEGAN philosophy, our bread doesn't contain animal products and we don't use them for testing. But we're ok if animals eat our bread too!

- The three basic ingredients are rye, water and Himalayan

pink salt. Our bread has NO YEAST OR SUGAR, we make our bread using the LEAVENING technology.

At the beginning of 90-s, after the USSR fell, my husband's father founded a bakery, since fresh bread is always a highly demanded product. He baked all kinds of bread, including the rye bread, the recipe to which has been transferred in their family from generation to generation.

Having moved to America, we tried ourselves in different fields, but with the time we decided to regenerate the family business - baking bread which will bring joy and health to people. Our first child Euphenia was born as well, and we wanted her to eat healthy products and spend time in a loving family atmosphere. Therefore, we've decided to run a small home business. Having obtained all necessary documents, we bake our bread at home registered as cottage food operators and deliver to our customers.



Running a home business is very convenient on one hand while having a child around, because it gives you flexibility; but on the other hand it may become very challenging when you have kids. When one parent is baking, the other has to keep the

child away from the kitchen, which slows down the whole bread-making process. Plus any business also involves a lot of other work such as dealing with customers, handling correspondence; and such place like BFcafe, bayarea might be of a great help to working parents, where you can do some work and still be with your child. Currently, we bake our bread daily at home and personally deliver it to our customers, which could be very time-consuming. Shipping option as well as wholesale at local stores is not available for us at this point. Our possibilities are limited by the home facility where we can bake only up to 10 loaves at once. We hope to expand our operation outside the home bakery and widen our delivery radius in the nearest future, to make our produce available in health-oriented grocery stores.

You can find more information about us and try our bread by visiting our website - www.rawsinka.com

With this we end this edition of Bf Cafe newsletter.

Warm regards,

Tanaya

Founder, Breastfeeding Cafe