

# Breastfeeding Cafe

Connect, facilitate, nurture and empower

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Hello all,

Hope everybody is doing well. It's raining quite heavily this season here in California and thus Nature is showing abundance. It looks beautiful, it looks divine. We are taking hikes to enjoy this beautiful season of rains. The creeks are full and waterfalls look beautiful. This rain might end the drought here, and it would be wonderful news for all of us here!

This week we will be describing what EMPOWER means to us

## Empower

Choosing the tagline for breastfeeding cafe was instant. We always knew what kind of issues we want to address. When we say the word empowered, what strikes me is the solution to those issues: that we "moms" should have the power to do things what we want to for a smooth life. Nothing should be an obstacle if you are empowered. No No, don't take me wrong. I am not talking about hubby/partners not sharing chores or all that. I am talking about inadequate infrastructure when it comes to affordable baby care. Motherhood is a challenging job.



Sometimes the lack of infrastructure makes it more challenging for us to pursue our dreams, our hobbies, or simply to get the much needed "ME" time to recharge our energy and enthusiasm.

We moms are very passionate and mindful about our babies and we try to do it in the best possible way. Mindfulness is a much needed thing in baby care, and that won't be possible without proper care of ourselves. Babies expect us to be joyful and mindful all the time when we attend to them. And we as

moms try to give our best too. Thus a mom should be **empowered** enough to take care of herself even if she is unable to send her kids to daycare or hire a nanny. She should be

empowered to have that much needed caffeine ( though it may be unhealthy, we sometimes need that shot to keep us going). All days are not bright and many days are gloomy in the years of motherhood, thus being empowered to take care of ourselves in spite of every tough situation we face would lead to a society where most moms are generally happy. Happy moms of course makes happier child and thus a happy and empowered society.

Thus a community place where mothers just drop in and the rest is taken care of according to the specific needs of each mom is a much sought after place in this society .Somehow I feel that though we talk much about women empowerment,we are not trying to solve the issue at the grassroot level. Empowerment should not only mean providing supportive facilities when they are professionally related to some organization. Empowerment should also mean providing non-corporate moms all those facilities which she might need to make herself more comfortable. Empowerment should also mean that even if her work does not generate any amount of money, she should be able to enjoy it (whatever it is like designing, coding, testing, blogging, doodling,... anything) for few moments without worrying about her babies and the hefty sum she might need to pay for few hours of baby care, which in many cases prevent her from enjoying her hobbies.

Empowerment also means that she should be able to freely express her motherhood fears and worries to other likeminded moms without being judged. A supportive community of likeminded moms makes each of them more empowered.Empowerment should also mean that going out with babies to meet other community members/friends/relatives won't make her compromise everywhere, so that baby ends up being unhappy and it takes the fun out of the whole thing. To me a society would become more empowered when their women are more empowered. Empowering mothers in their most important phase of life is what can we do to make a better society for our younger generations.

What do you think about being empowered as a mom? What are your thoughts? Would love to know more.

I would love to end this week's newsletter with Maya Angelou's quote

"Try to be a rainbow in someone's cloud."

Have a lovely week.

Warm regards,

Tanaya

Founder, Breastfeeding Cafe

<http://breastfeeding.cafe/>

