

Breastfeeding Cafe

Connect, facilitate, nurture and empower

(Newsletter Vol 4, March, 2017)

Hello all,

Hope everyone is enjoying the change in weather. Spring is here, and there is happiness everywhere in nature. New leaves are starting to come out, humming birds are chirping in backyards, and flowers are starting to blossom. This is also a great time to plant seeds. My little child gets curious when earthworms keep crawling out when we dig moist soil; it is a great time to teach them about reverence and love towards the kingdom of nature, and how it is beneficial and necessary for our own wellness.



There are quite a few things I want to discuss today. Let's first talk about open-ended play space at Breastfeeding café, and what it means when I say that the play space would be open ended. Open-ended play means a child will be able to express himself/herself in **play** freely and creatively, not bound by preset limitations.¹

¹[Openended play](#)

“I played around our yard some and talked to the fence posts, sung songs and made the weeds sing ...” This quote by Woody Guthrie² says it all.

A little child does not need many things to play with. Playing with open-ended materials which have multiple uses and limitless possibilities like sand, clay, blocks, sticks etc., can keep them satisfied for hours. And that’s what we want; we want our child to have her own imagination³ fuel her play. It’s quite similar to what we do when we experiment with science projects, albeit more complex. Yes, you heard it right! A child’s play initiated by the child herself is quite complex, and it has become an area of research. Prominent playwork theorist Bob Hughes⁴ defined 16 different play types. A child learns through PLAY.⁵

It’s our responsibility as parents to give them an environment where they feel comfortable enough to initiate PLAY themselves. Believe me, it is said that a PLAY demonstrated by an adult does not provide children the amount of satisfaction they get from their own PLAY⁶. And feeling comfortable in their play space is the top-most priority while initiating PLAY.⁷

So, at Breastfeeding Cafe we plan to have **open-ended play spaces** both, indoors and outdoors. The personality of each child, their likes/dislikes, their favorite playthings etc., would be all taken into consideration when we build the play space. Few children might want to observe before initiating play, others might want to paint, dig the earth or play on the monkey bars. It all depends on the child’s personality and we will take all these into consideration. In the coming weeks, you will see more communication from us on this aspect of our venture.

Things are getting busier here with our project and we will need like minded people who might volunteer for a few hours on this project and join our team. I can only buy you coffee at this moment.

Our first event CONNECT, where we are trying to showcase ourselves as a real platform connecting small-scale business owners with their prospective customers and also as a mom in an informal setting, will be held in mid-April, and is getting a good response from the community. I would like to invite all of you with your kids to the event. Here are the event details:

<https://www.facebook.com/events/370247640024974/>

Few partnerships with likeminded business owners have already taken place and we are on the lookout for more. If you know anybody who would be interested in partnering with us/showcasing their products, please shoot us an email

We will keep all of you posted on our development and journey.

Warm regards,
Tanaya
Founder, Breastfeeding Cafe

² <http://www.woodyguthrie.org/>

³ <https://www.awesomestories.com/asset/view/How-Does-Imagination-Fuel-Childhood-Play->

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<https://www.oxfordshire.gov.uk/cms/sites/default/files/folders/documents/childreducationandfamilies/educationandlearning/earlyyearschildcare/workinginearlyyears/outofschool/firstclaim/playtypes.pdf>

⁵ <http://www.fredrogerscenter.org/2014/09/23/why-play-is-the-work-of-childhood/>

⁶ <https://natureplaynanny.wordpress.com/2015/06/12/chilids-play-vs-adult-play/>

⁷ <http://blog.optimus-education.com/getting-right-balance-between-adult-led-and-child-initiated-learning>

