

Breastfeeding Cafe

Connect, facilitate, nurture and empower

(Newsletter Vol 3. March, 2017)

Hello,

We hope everyone is fine and enjoying the clear sky and the beautiful nature, which is ready to welcome spring after a rainy winter. After the winter rains, flowers will burst into bloom, turning fruit trees into clouds of blossoms and transforming deserts into flowery carpets. Which is why it has been anticipated that this year, there will be a huge number of wildflower shows all around California. What a vista it is going to be.

This week we also celebrated Women's Day. In this year's campaign, #beboldforchange¹, people were asked to take ground-breaking actions that will truly drive the greatest change for women. As they say, each one of us has a great potential within ourselves and it's our job together as a society to help everyone unleash this potential. Thus, Breastfeeding Cafe stands right there with this year's campaign.

Nurture and Facilitate



In this edition, we would discuss what it means to us when we say 'nurture' and 'facilitate' are two words that go along 'empower' and 'connect' (which we already discussed in our last two editions) in the tagline for Breastfeeding Cafe.

Researchers² suggest that mothers' nurturing stimulates neural connections in their babies' brains, which enhances learning. Therefore, such babies are altogether better in their emotional and intelligence quotient.

It's a well-known fact that everywhere a mom is seen as an epitome of love and care.

¹ <https://www.internationalwomensday.com/Theme>

² [Nurture over nature](#)

But we also should feel that, while a mom nurtures her baby in the best possible way she can, she might also require an environment where she would feel herself being nurtured even if it is just for a little while, forgetting all about her daily life worries. And it shouldn't be much of a hassle for her to reach there. And as they say³, when you are well nurtured in a safe environment, it becomes easier for you to facilitate those few pending tasks that you might want to take up or you might just connect with other like-minded moms over a cup of coffee, which might facilitate many lifelong relationships. Also, we all know how moms with babies of similar age can be the best girl friends for life, sharing all the funny and tough moments of life together. Meeting other compassionate, loving and nurturing souls in a comfortable environment might help a mother cope with the difficult days in a better way.

Thus, **Breastfeeding Cafe** would love to act as that unique space, one which will act as **The Village** that moms can visit with their babies, where they would feel safe, connected, nurtured and empowered in their own way. As a society, it's our responsibility to provide such a space to women to help them cope with motherhood, which in addition to being the happiest stage in a woman's life also happens to be the toughest and emotionally draining phase, during which a little space of her own might help her feel good at times.

I have few things to mention in this newsletter:

- a) We are planning to organise an event this March or April (date will be revealed in the next newsletter) mostly in Campbell Park on a Friday. We would meet, connect with each other while the babies/toddlers can play freely nearby and would discuss about how we can make Breastfeeding Cafe a place that would help every mom in her motherhood journey. We plan to have photoshoots, snacks and maybe an art stall to keep the kids engaged. Feel free to drop by or register on our site. Link would be up soon.
- b) Our Facebook page⁴ is now live. Please sign up to keep yourself updated about the daily happenings.

I would like to thank my dear friends Samantha, Jen, Tonya and Vanessa for encouraging me to go ahead with the project and providing all kind of help in spite of their busy schedules.

I also want to thank Mutsilu, Natasha, Mila and Ksenia to keep listening to my thoughts when I was experiencing rough days.

Lastly, thank you Atreyee for connecting me to people with the design and architecture fields.

³ [The Critical Role of Nurturing Environments for Promoting Human Wellbeing](#)

⁴ <https://www.facebook.com/bfcafebayarea/>

Lastly I would love to thank Paul Graham⁵ (PG) for inspiring me relentlessly with his essays and talks, when I was not sure if this is the right time to take up this project, when people asked me what I knew about startups and if I know anything about funding and networking. Relocation, a toddler and all household chores could have easily made me stop working on this project ,and forget all my skill sets. But those essays kept me moving forward with little steps one each at a time. I am still not sure if this project would be a reality but I atleast now know how to work for making the world a better place for my own community.

Without you guys, it would have been impossible to move forward.

Have a happy and restful weekend!

Warm regards,

Tanaya

Founder, Breastfeeding Cafe

<http://breastfeeding.cafe/>

⁵ <http://www.paulgraham.com/>