

# Breastfeeding Cafe

Connect, facilitate, nurture and empower

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(Newsletter Vol 9. September, 2017)

Hello,

Hope everyone is doing great. The school year has started and it's a crazy time for us at home and on our project. We have so many things happening at our end at Breastfeeding Cafe that it's a bit overwhelming for us right now. We are desperately looking for like-minded parents who are willing to spare a few moment of their time to take this project to the next level. If you think any of your friends, who also happen to be parents, might be interested in the project, please don't hesitate to share the word. The project has taken an unprecedented turn, at the moment, and we need to follow its cues to keep the momentum going. We will keep all of you posted on our recent updates through our newsletters.

We are thankful to our customers for giving this project a direction which will be extremely beneficial to the target community. The happy customers in our last event (though it was a makeshift arrangement) thrilled us immensely and gave us the zeal to tirelessly pursue this project. We are thankful to you. We will make sure that our motto remains the same: "Giving the parents few moments of exclusive of 'ME' time" while the kids play freely nearby. This project supports parents in their parenting journey at various stages—and this is why the project is unique.

In this issue of our newsletter, we would love to share a few moments from our last event, held



in sponsorship with Whole Foods. It was one of those prototyping events which we are doing to understand the market scenario. Our event was well-received among the community, and the parents and the kids were happy. We were able to give parents a few moments of 'ME time' (some chose shopping, a few were working, a group of mamas were chatting happily) while the kids played with open-ended, safe materials. There was a storytelling activity happening in a cozy corner where Robin, our beloved storyteller from Books Inc., kept the kids totally engaged and mesmerized. Atreyee, the wel loved arts and crafts teacher from [Createtctetra](#) helped kids create a few art masterpieces with minimal intervention following each kid's cues. [Healthy Horizons](#) had their booth in the event, where Gladys Lim was talking with moms, who had stopped by the table about resources to set up a breastfeeding

program at their workplace, about various facts related to breastfeeding, and how Healthy Horizons was helping moms in their initial stages of motherhood.



The open-ended play space for preschoolers was decorated in partnership with Pop-Up Adventure Play. We used cardboard boxes, cardboard paper tubes, strings, stones, bark of trees, and so on, to create a makeshift play space for kids aged 2-5 years. Through this prototype, we decided that even if there wasn't enough space, it could be made kid-friendly with the proper use of materials and toys that are ecofriendly too. The toddler space decoration is the brainchild of a mom and early childhood education director, who happens to be an avid supporter of our project. We are thankful for their support and look for more collaboration in future.

Here are few pictures from our last event: [Connect 2](#)

### **Spotlight**

We are featuring [Pop-Up Adventure Play](#), in our spotlight section this month. They were our play partner in our last month's event. Their mission is to support a children's play anywhere. Suzanna from Pop-Up Adventure Play shared with us few lines about their venture here and how they are helping the community support play in various settings. They believe Play is a choice it can be done anywhere and everywhere with minimal intervention of commercialized toys. Here are few lines from her :

"We believe that play is the sign of a healthy community. When children spend time outside, climbing trees or on their bikes, we know several things: adults feel comfortable letting their children roam, children know their neighbours, and everyone feels able to make use of public space for their own pleasure. What's more, we believe that playing outside is a catalyst for healthy communities. Children are our most vulnerable citizens, and when their rights to participate and enjoy public space are assured, everyone benefits. These beliefs are behind all of the work we do.

Our background is in UK-based playwork, a professional approach to supporting children's play, with its roots in the post-WWII adventure playground movement and an absolute focus on valuing play for its own sake. Play is an instinct we all share, and a drive we must pursue. For people of all ages, there are so many barriers to play — fear of public space, fear of strangers, tight schedules and hard responsibilities, even the simple fear of looking ridiculous. The best way we have found to overcome these barriers is to set aside time, space and materials, and to give explicit permission to play. Here, we say, is an opportunity to imagine and explore. Here, we promise, is a chance to take creative risks without judgment. We provide recycled materials that cost nothing, making it easy for us to give this permission and mean it.

The pop-up adventure playground model that we developed can help ourselves and our neighbors overcome barriers to play, together.

The idea is simple, bringing together people and materials for play in a public space and applying the very basics of playwork practice. Anyone can register for free through our website and get support in organizing their own. It began as a little idea, in response to the combination of barriers we saw most often in the US. We wanted to spark new conversations around risk, freedom and connection, and to celebrate play.

We understand the barriers to play because we have felt them too. We can see firsthand the consequences of our busy lives, our packed schedules, and the constant valuing of work and productivity above all else. Pop-Up Adventure Play and the pop-up adventure playground model have opened up an opportunity for us to talk about all of this, and to help people start making changes in their local neighbourhoods, professional settings, and in their own lives. Over seven years, we have found that this process creates its own unanticipated community, introducing new friends and bringing us around the world to visit them. Each time we share a meal and a story, or steal a moment of awe-inspiring discussion between playful engagements, we see how the shared and human instinct to play connects us across enormous distances and differences.

No matter who we are, where we live, what we have done before and what may happen in the future, play is something that can keep us together. To enter most fields of work, you need specialist knowledge, specific jargon and sometimes even fancy equipment. To discuss play, we can simply ask for you to think back to when you were a child, or help you get started playing now. Play reminds us that it's never too late to experience the fun of creativity, to glue or smash or cut or tape. We all have the ability to send and receive cues for play, to become once again fluent in a language where communication can be as simple as throwing a ball, pulling up a chair to the table, or just sending a little email. We're ready when you are — come and play."

More details on their initiative can be found [here](#).

If any of you want to join us to help us with anything. we would request you to drop a few lines on our website, facebook page or email.

Have a nice month ahead!

Warm regards,  
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