

- **Baby Café® France: an answer to young mother's isolation.**

When Annabelle Mackenzie presented her project to create a Baby Café, a place which would help end young mothers' isolation, Charlotte Bodeven immediately saw the benefits in this type of event.

More than 30 years earlier, she had found her self in a picturesque town in Provence, which was very sunny but which lacked places to go with young children. Cafés at that time were smoky and filled with men who were wary children! With 2 young children who weren't yet in school and a move from Paris to the province, there were times when things were tough. Adult conversation was sorely lacking. Her sole hope for socializing rested squarely on the father's shoulders!

For the 3rd child, born three and a half years after the 1st, things had changed. They'd had to move to find a bigger home. Across the street was a neighbor who was the mother of 5 children. Elisabeth E. willingly opened her doors and offered coffee and cookies (not good for the hips but great for the morale!) Thanks to this welcome, everything went fine after the birth and the mother even had enough energy left over to host her first breastfeeding meetings.

So it was without hesitation that Lactitude became a partner of Baby Café, and after a few months of brainstorming and work, the first meeting of the Baby Café Paris was held at the Starbucks located at, 4 rue de Sèze in Paris' 9th arrondissement. The dynamic manager, Philippe, gave the moms and babies the use of a nice room at the back of the café. A few posters of mothers breastfeeding decorated the walls and welcomed the mothers. Charlotte was on hand to answer moms' questions and to refer them if need be.

Of course, the Baby Café® is international! At this first meeting 3 different nationalities were present: Brazil, Great-Britain and France. Our slogan could be "Mothers of the world unite!"

To find out about our upcoming meetings you can sign up on the Baby Café site (in French www.babycafe.fr and English <http://www.bebecafe.fr>) or join the group on Facebook.