

The Big Breastfeeding Cafe



IT'S BACK! The Big Breastfeeding Café is returning for its 8th year on the 12th May, and we would love for you to get involved! To add to the excitement, if you host a café this year, you will also be in with the chance of winning some amazing prizes for your breastfeeding gang! Find out more below...

What is the Big Breastfeeding Cafe?

Over the past 8 years, The Big Breastfeeding Cafe has brought together mums from across the country to celebrate all things breastfeeding and the wonders of breastmilk, share advice and build communities of fellow mums to lean on whenever necessary.

Traditionally taking place in person, the last few years have evolved to include a virtual twist through live content on social media.

This year, the virtual celebration continues over at @medela_uk with live content on the day, as well as competitions, tips, advice and lots more! Alongside this, once again, we are encouraging mums to get together and celebrate in person over a cuppa and nice slice of cake!

Breastmilk is truly a magical thing – full of millions of live cells, antibodies and constantly adapts to meet your baby's needs, it isn't called liquid gold for no reason, breastmilk (and the mama's making it!) is something to be celebrated for sure!

Our main aim is to give all the breastfeeding and expressing mamas (and mamas to be!) a giant high five - so be sure to join the fun!

So, how do I host a cafe?

Going back to its roots this year, we are encouraging mums across the country to get involved with their breastfeeding squad, whether it's in the comfort of your own home or wherever you usually meet up to chat all things motherhood (this could be at a local breastfeeding group, playgroup or just in your own living room!).

Simply send us an email at thebigbreastfeedingcafe@gmail.com to let us know you would like to take part - then all you need to do is get together with a friend (or two, or ten!) on the 12th May to enjoy tea and cake, whilst you chat all things breastfeeding.

Make sure you join the national celebration by sharing your snaps of your cafe on social media using the hashtag #thebigbreastfeedingcafe2022 – it's as simple as that! Not only will you be joining a national celebration for mums, you will be in with a chance of WINNING!

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12th May 2022

New for 2022, we have created [downloadable resources](#) for you to print out to add a sense of occasion to your celebration! (If you haven't got access to a printer, pop us an email at thebigbreastfeedingcafe@gmail.com and we will see if we can help with this)

- [Downloadable bunting](#)
- [Downloadable photobooth prop](#)
- [Downloadable cake toppers](#)
- [Downloadable conversation starters](#)



We've also created a graphic you can share on social media to let your friends know you are taking part! You can access this here - https://drive.google.com/file/d/16tcXV_nEUqz_lmAQAoEmHZF-03_wk3RB/view?usp=sharing

How do I enter the competition?

Great news, just by hosting a café you are in with a chance of winning a HUGE hamper of treats for your next meet up! Whether it's just you and a friend, or your whole local breastfeeding group, the hamper is filled to the brim of treats for you to enjoy to inspire you to keep your very own breastfeeding meet up going! The hamper includes everything from sweet treats, magazines, a set of Milkin' it mugs and so much more!

To enter, all you have to do is take part on the 12th May hosting a Big Breastfeeding Café of your own, take a snap or two and share on social tagging @medela_uk and using the hashtag #thebigbreastfeedingcafe2022

Thank you for getting involved in the campaign, we're so excited! Any questions? Email thebigbreastfeedingcafe@gmail.com and we will be more than happy to help!