babycafé USA

babycafeusa.org

IMPACT REPORT

2025 Highlights

Mission and Vision

The mission of Baby Café USA is to improve community health and reduce disparities by establishing free programs offering professional-level breastfeeding support and peer social connection.

Our vision is that no parent experiences isolation, racial disparities, cultural disparities, or disease, due to lack of access to breastfeeding support.

What is a Baby Café?

Baby Cafés are free, drop-in community programs where pregnant and breastfeeding families receive support from lactation professionals while connecting with other parents in a welcoming, informal setting.

Baby Café USA is the national 501(c)(3) nonprofit organization that has provided licensing and support for community Baby Cafés since 2007.

A Message From Our Leadership Team

Dear Friends and Partners,

Every year, thousands of families begin breastfeeding with the hope of continuing for as long as they wish. Yet many encounter challenges in the early weeks after birth and lack access to timely support, creating gaps in care.

Baby Café USA provides access and fills those gaps in care by connecting families with skilled lactation care and supportive communities.

Lisa Miller, D.HSc, IBCLC
Executive Director

Lucia Jenkins, RN, IBCLC
Founder, COO

What we see in the data is encouraging. Many participants are first-time parents, and nearly three-quarters report a goal of breastfeeding for twelve months or longer, and more than 80 percent reported meeting their breastfeeding goal, demonstrating the impact of accessible, community-based support. At the same time, our data highlight opportunities to expand the reach of the Baby Café model so that more families, particularly those facing barriers to breastfeeding support, can benefit from these services.

This work would not be possible without the Baby Café leaders, lactation consultants, volunteers, and partners who sustain these programs. In 2025 alone, teams across our network contributed nearly 15,000 hours of service supporting families in their communities.

Thank you to everyone who makes this work possible and helps families meet their breastfeeding goals.

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BCUSA Board of Directors

Regina Maria Roig-Romero
MRH, IBCLC
Board Chair

Tom Jenkins
Treasurer

Daniel Lieber

Liat Shklarski
PhD, LCSW

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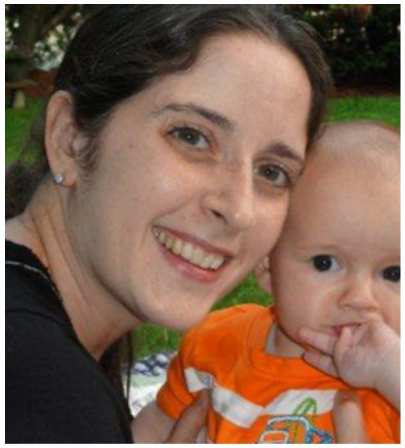
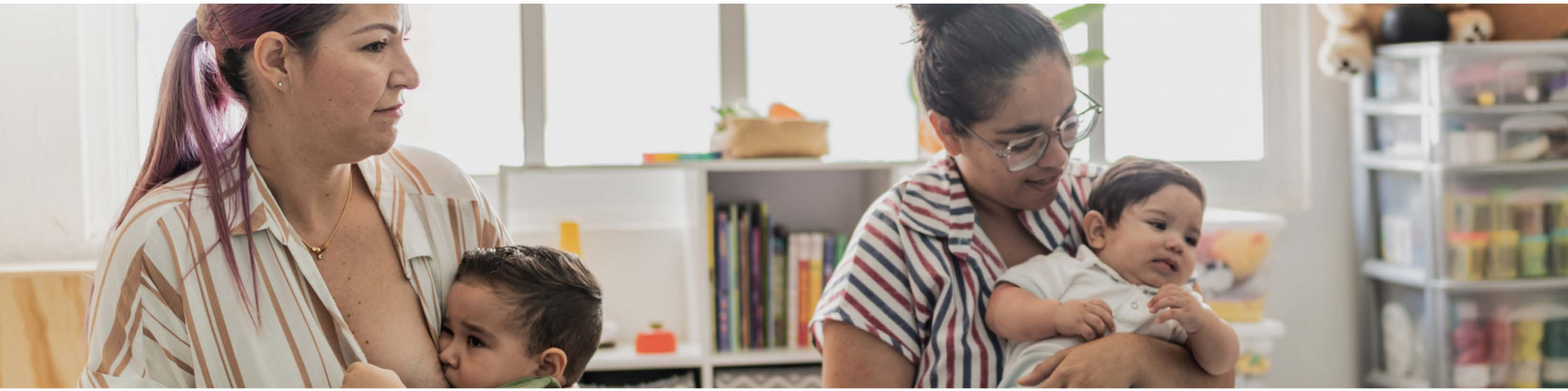


Katie Barnes, PhD

Paige Hall Smith
MSPH, PhD

Sharon Eck Birmingham
DNSc, MA, BSN, RN

The Baby Café Network in 2025



- The Baby Café network included 133 Baby Cafés operating across 25 states
- Our local sites hosted 3,770 total sessions and completed 40,086 visits with mothers, babies, and their families
- Average attendance per session was 11 participants

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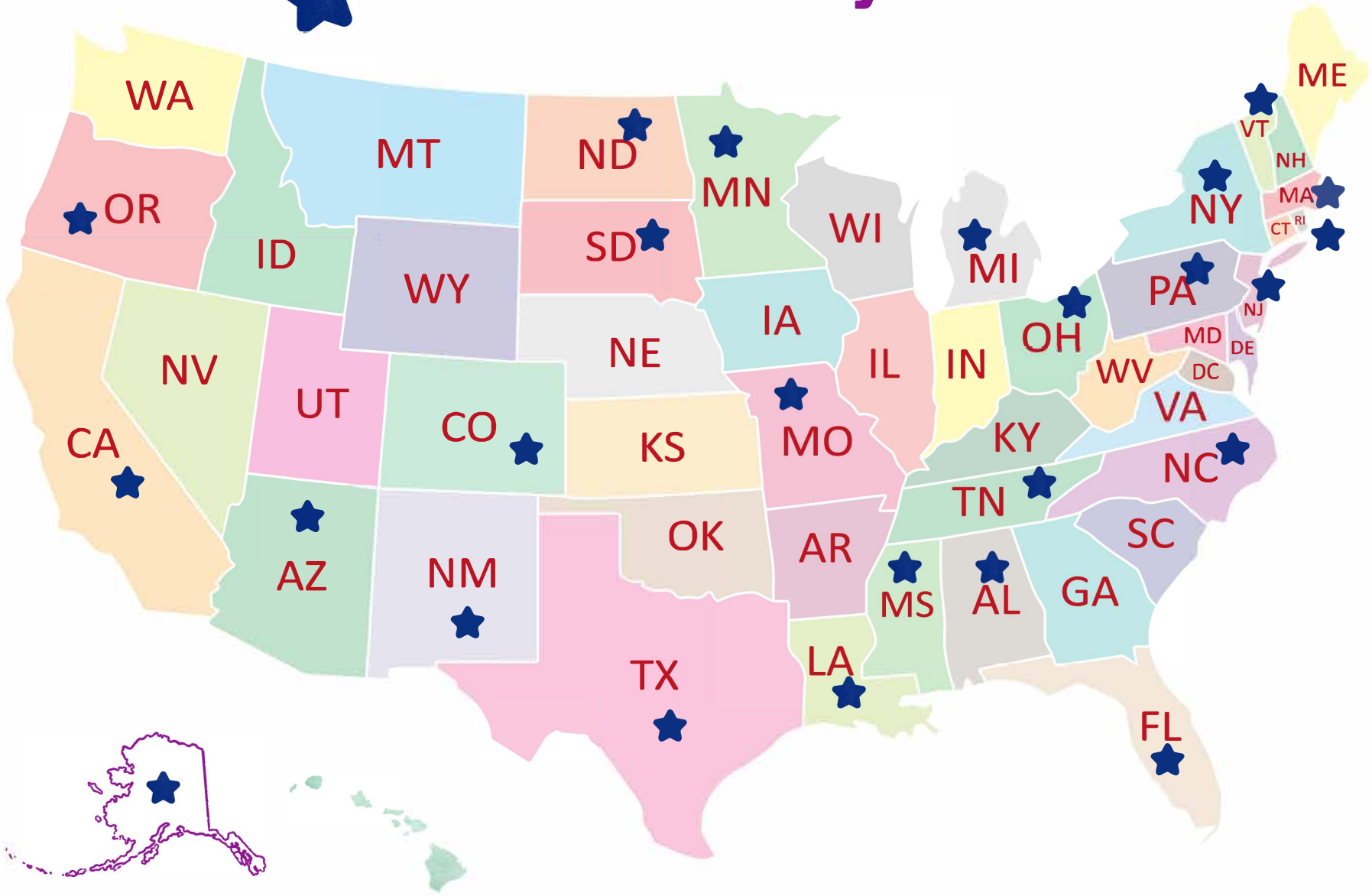
States with Baby Café Locations



2025 By the Numbers

81% of Baby Café participants exclusively breastfed their infants

- 70% of participants were breastfeeding for the first time
- 44% attended with an infant under 1 month of age
- 74% reported a breastfeeding goal of 12 months or longer
- 68% planned to work at some point while breastfeeding

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Connecting Families to Support

Primary Reasons for Attending

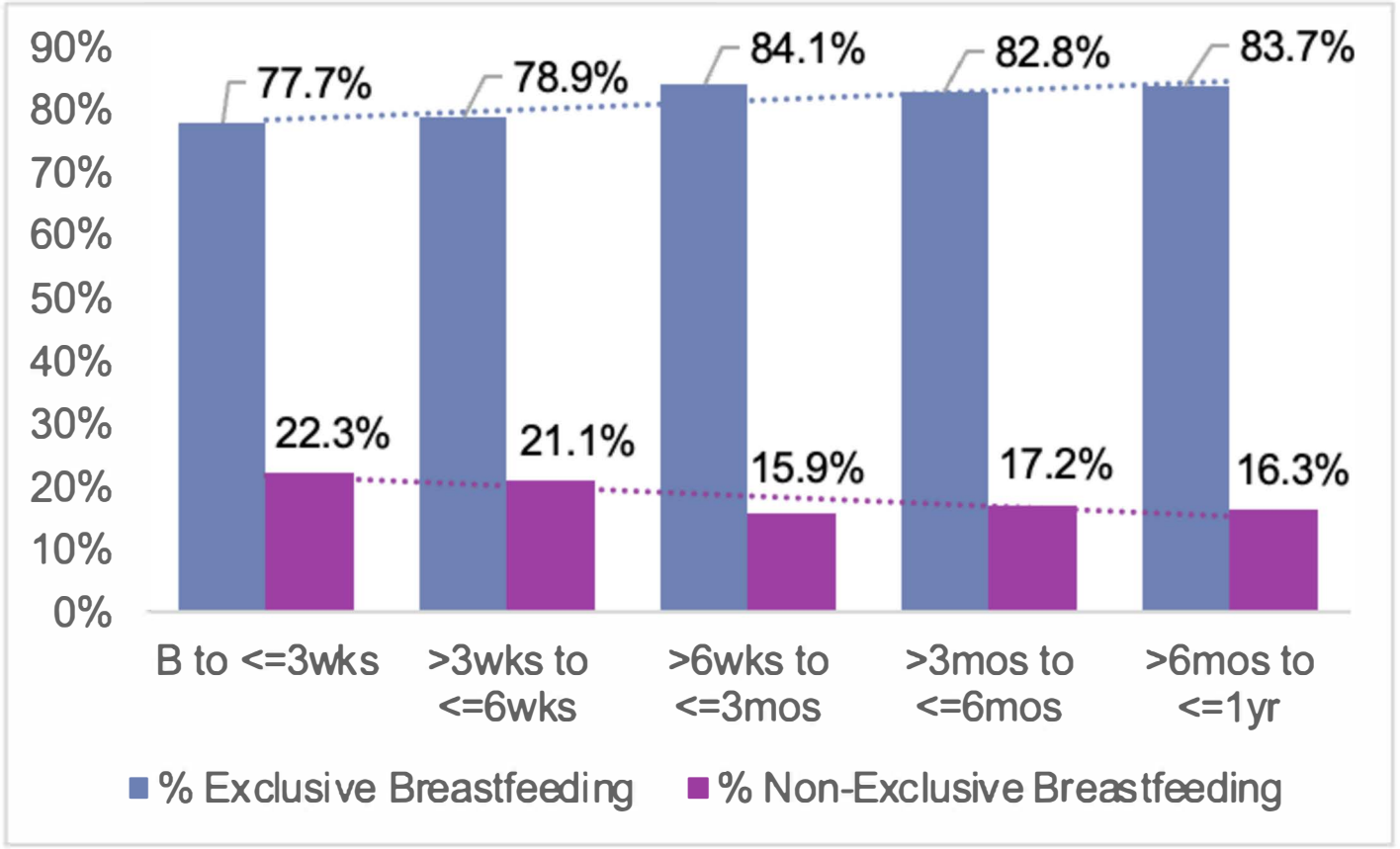
Sore nipples / Poor latch - 17%
Weight gain / Low supply - 16%
Social support - 35%

How Families Found Us

32% Lactation consultant
20% Hospital
14% Friend or neighbor
12% Healthcare provider
4% Social media

Exclusivity Rates by Infant Age

Baby Café participants are maintaining or achieving exclusive breastfeeding over time



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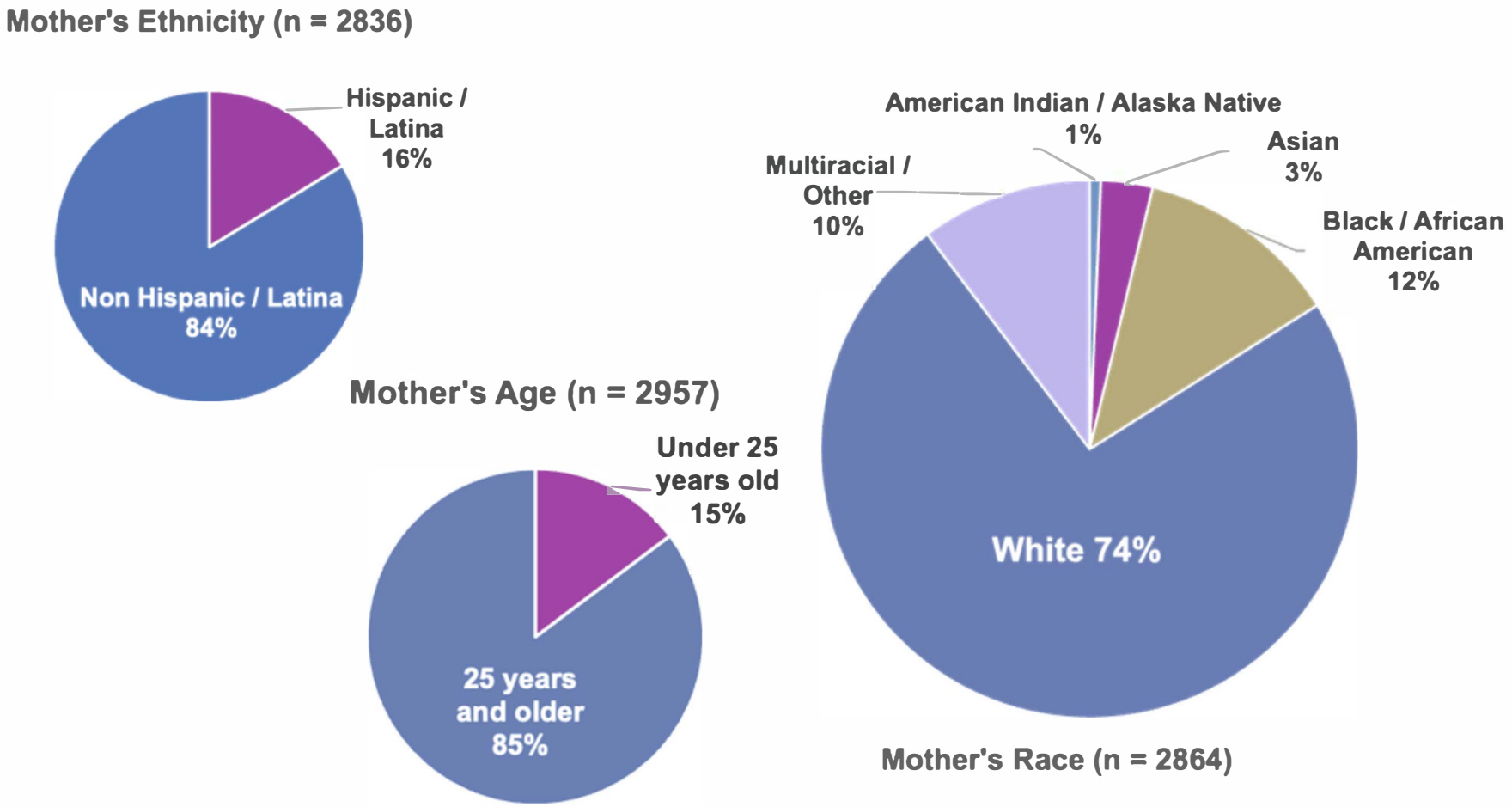
Participant Demographics in 2025



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Workforce Contribution

All Baby Café locations are staffed by IBCLCs and other healthcare professionals trained to provide evidence-based support.

In 2025, Baby Café teams recorded nearly 15,000 labor hours supporting families.

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Strategic Priorities

Expand Access

- Increase prenatal participation
- Reach families not yet fully represented in our data
- Advance statewide initiatives to establish and sustain networks of Baby Cafés

Use Data to Drive Impact

- Enhance our existing data system to provide real-time insights into breastfeeding trends and strengthen public health surveillance

Strengthen Funding and Sustainability

- Increase grant funding and mission-aligned sponsorships to support research, expand the Baby Café network, and ensure cost is not a barrier for communities opening or sustaining a Baby Café

Baby Café USA 2026 Sponsors

We are grateful to the organizations and individuals whose support helps expand access to Baby Cafés and ensure families can receive free, evidence-based breastfeeding support in their communities.

Friends Of Baby Café

Barbara L. Philipp, MD

Bronze Sponsors

Sweet Sips Colostrum Spoons

PumpinPal

Neotech

Gold Sponsors

ZOMEE®

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Connect With Us

To find a Baby Café near you or for information on opening a Baby Café in your community, visit our website babycafeusa.org

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