



BREASTFEEDING
TWINN OR
MULTIPLE BABY



BREASTFEEDING TWINS - TIPS AND STRATEGIES

MILK SUPPLY AND MULTIPLES:

- Milk supply works on the supply and demand principle. The more milk you remove from your breasts, the more milk your body will produce to meet the demand.
- Removing milk frequently and effectively from the start is important for establishing a good milk supply when exclusively breastfeeding twins.

BREASTFEEDING NEWBORN MULTIPLES:

- In the early days, it may be easier to nurse each baby individually to focus on their latch and placement.
- Establishing a feeding schedule for twins can be a goal, but it doesn't have to happen immediately.

BREASTFEEDING ROUTINES AND STRATEGIES:

- **Tandem Feeding:** Nursing both babies simultaneously, alternating which baby eats on which breast during each session. You can also nurse each baby on the same side for a period of time before switching.

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BREASTFEEDING ROUTINES AND STRATEGIES:

- **Consecutive Feeding:** Nursing one baby and then quickly switching to the other.
- **Nurse and Pump:** Nursing one baby while pumping the other breast. This allows someone else to bottle-feed the pumped milk.
- **Exclusive Pumping:** Pumping and bottle-feeding both babies.

You can mix and match these strategies based on what works best for you and your babies.

POSITIONS FOR BREASTFEEDING MULTIPLES:

- The double football hold is a common position for twin moms, where both babies are positioned under the arms.
- The optimal position is the one that works best for you and your babies.

TIPS FOR BREASTFEEDING MULTIPLES:

- Consider using a twin nursing pillow to make positioning and holding the babies easier.
- Use a breastfeeding stool or something to place your feet on for a comfortable posture.
- Have a safe place nearby, such as a car seat or bouncer, to put one baby down safely when needed.
- Set up a nursing station with essential supplies within reach.

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BREASTFEEDING, PREMATUREITY, AND THE NICU:

- Start boosting your milk supply as soon as possible if you and your babies are separated after birth.
- Begin introducing milk within the first hour of delivery if recommended.
- Use hand expression or an electric pump to initiate milk production. Pump at least once at night and every three hours during the day.
- Check with your insurance provider as they may cover the cost of a breast pump.

BREASTFEEDING TWINS AND YOUR BODY:

- Breastfeeding can increase hunger and thirst, so listen to your body's cues and eat to satisfy hunger and drink plenty of water.

Remember, every breastfeeding journey is unique, and it's important to find what works best for you and your babies. Consulting with a lactation consultant can provide additional support and guidance.

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