



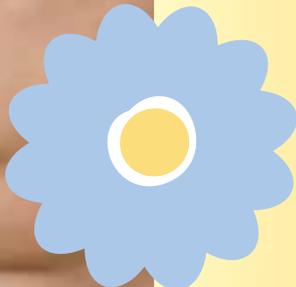
NURSING
MORE THAN
ONE





*Nursing twins can be challenging.
Stay strong, Mom! This is a wonderful
thing you are doing for your babies.*





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I am expecting more than one baby. Can I still breastfeed?

Of course you can! With two breasts you can breastfeed two babies at a time. Even if you have more than two babies, you can still breastfeed. A mother's milk supply is based on supply and demand—the more milk that is removed from the breasts, the more the breasts will make.

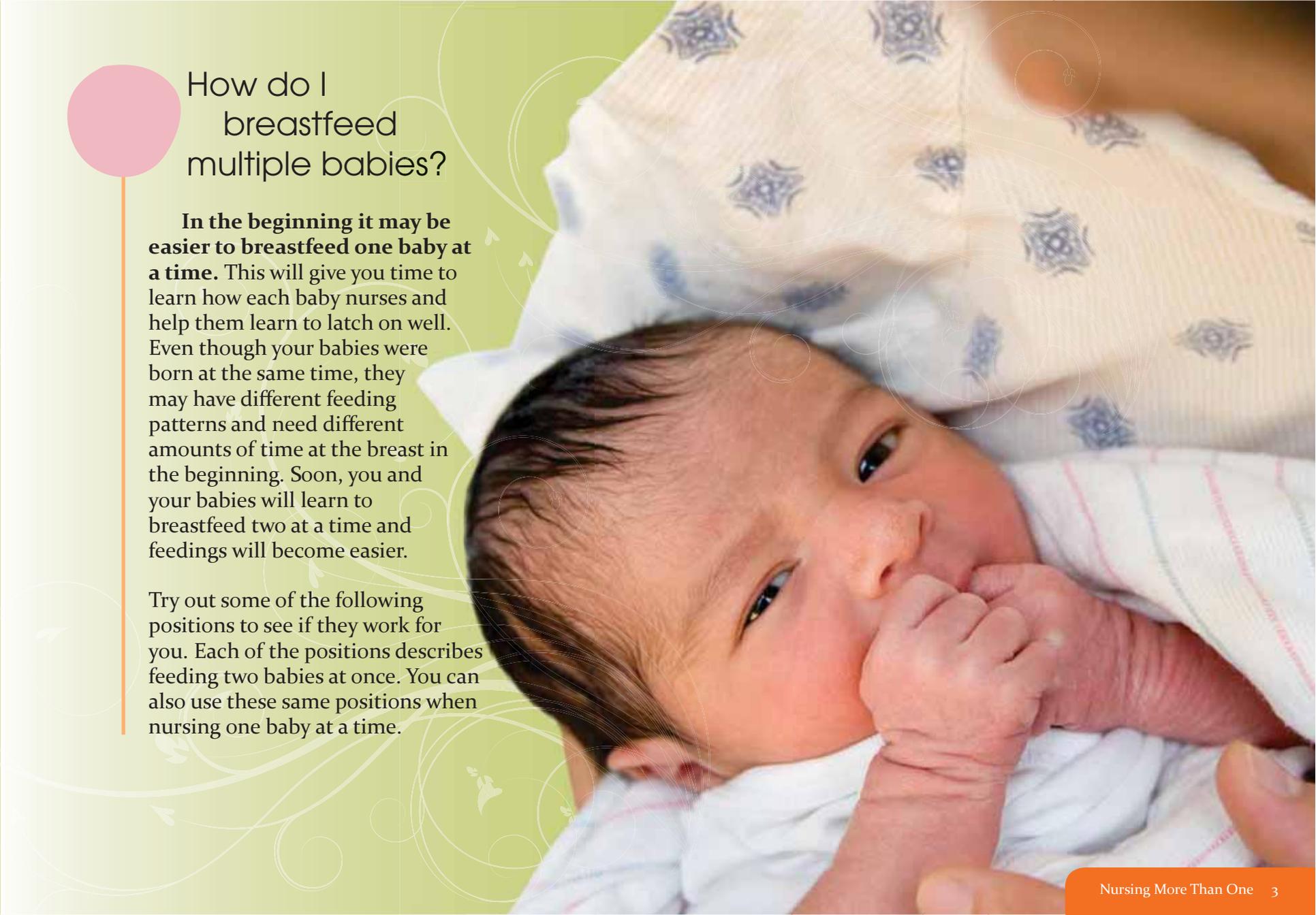


I've heard my babies could come early.

According to the March of Dimes, more than 50 percent of all twins, and over 90 percent of all triplets are born prematurely — earlier than 37 weeks. Babies that are born early can't always feed at the breast right away. In the beginning you may need to pump your milk for your babies.

Be sure to ask for help any time you need it—especially when your babies are able to feed at the breast. Babies born early may have a harder time latching on or staying latched on to the breast. Feedings can take longer than normal because of this. Hang in there. Most premature babies become much better at breastfeeding around the time of their original due date.





How do I breastfeed multiple babies?

In the beginning it may be easier to breastfeed one baby at a time. This will give you time to learn how each baby nurses and help them learn to latch on well. Even though your babies were born at the same time, they may have different feeding patterns and need different amounts of time at the breast in the beginning. Soon, you and your babies will learn to breastfeed two at a time and feedings will become easier.

Try out some of the following positions to see if they work for you. Each of the positions describes feeding two babies at once. You can also use these same positions when nursing one baby at a time.



Laid Back

This is a natural position for newborns. Position yourself in a reclining position with plenty of support for your back and head. Place your babies tummy-down on your stomach with their noses close to your nipples. Allow your babies to lift their heads and self-attach to each breast.

For the following two positions, make sure you are seated upright with your back well-supported. Use pillows to bring your babies up to breast level.



Sweet Little

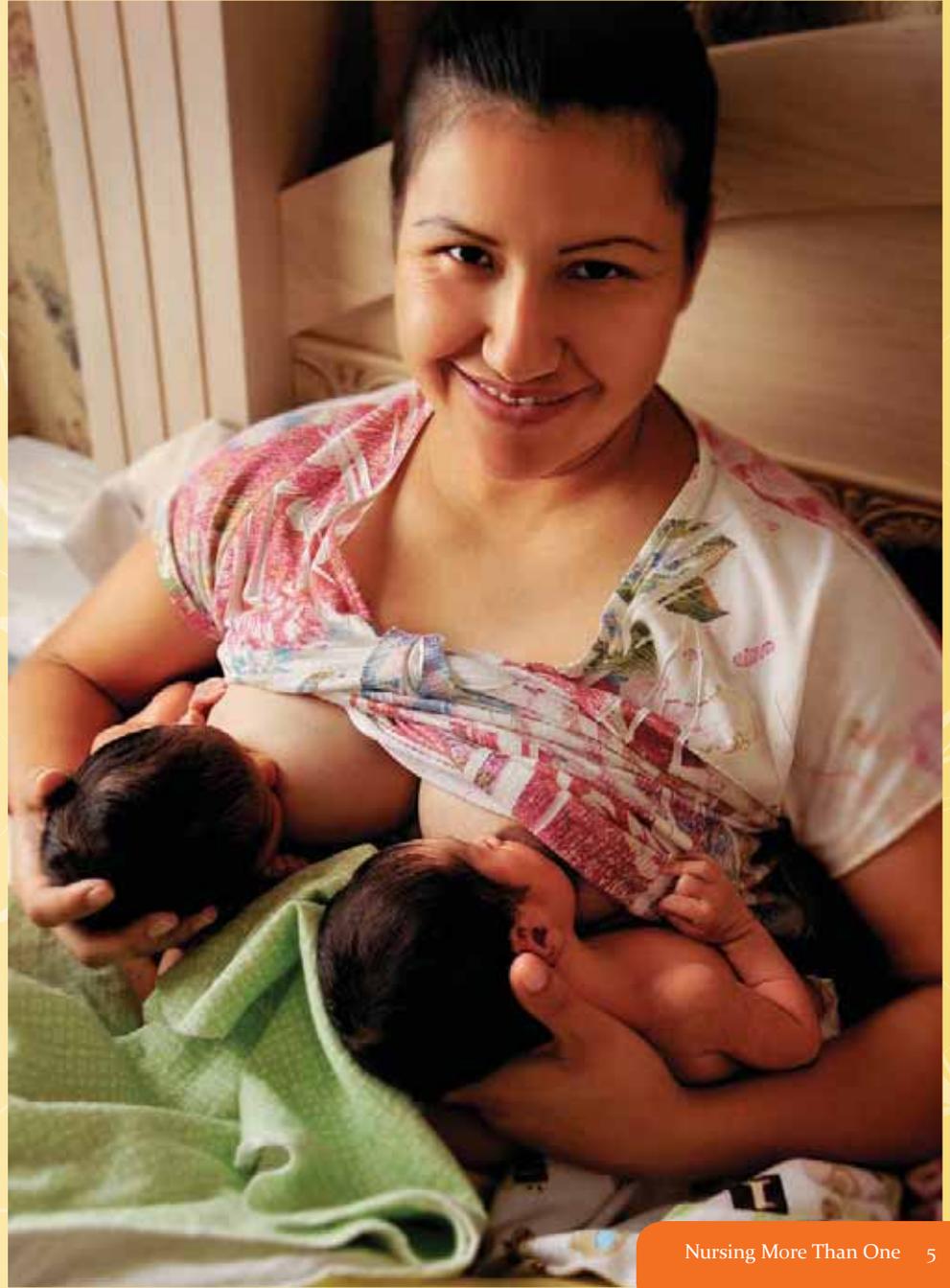


Double Football

Place each baby on a pillow under each arm. Support each baby by placing your arms around their backs and your hands at the base of their heads. Bring your babies to your breasts and allow them to latch on.



Babies!

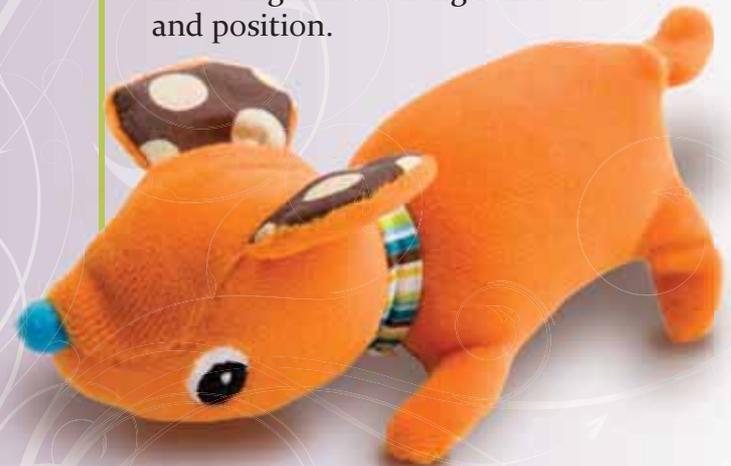




Cradle/Football

In this position, both of your babies are pointing in the same direction. One baby lies in a cradle position and the other baby lies in a football hold.

Allow each baby to end the feeding by coming off the breast on their own. A baby who comes off the breast relaxed and sleepy has probably had a good feeding. A baby who comes off the breast crying is probably not latched on correctly. Contact your local WIC clinic for breastfeeding assistance right away. A breastfeeding counselor can help you with most breastfeeding concerns including minor changes in latch and position.



What about me? How do I take care of myself?

Start thinking about ways your friends and family can help you after you have your babies. Don't turn anyone away when they offer help. You can use them to help you schedule your day. If a friend is coming over for an hour in the morning, use that time to get outside and take a walk. If a family member is coming over in the evening, take a shower while they watch the babies.

Always try to sleep when your babies sleep. Keep a lot of healthy snack foods around such as fruits, yogurt and nuts, or make quick snacks like peanut butter on whole-wheat toast. Keep larger meals simple – such as soup and sandwiches. Accept all offers of food from friends and family.





How can I be sure I'm making plenty of milk for my babies?

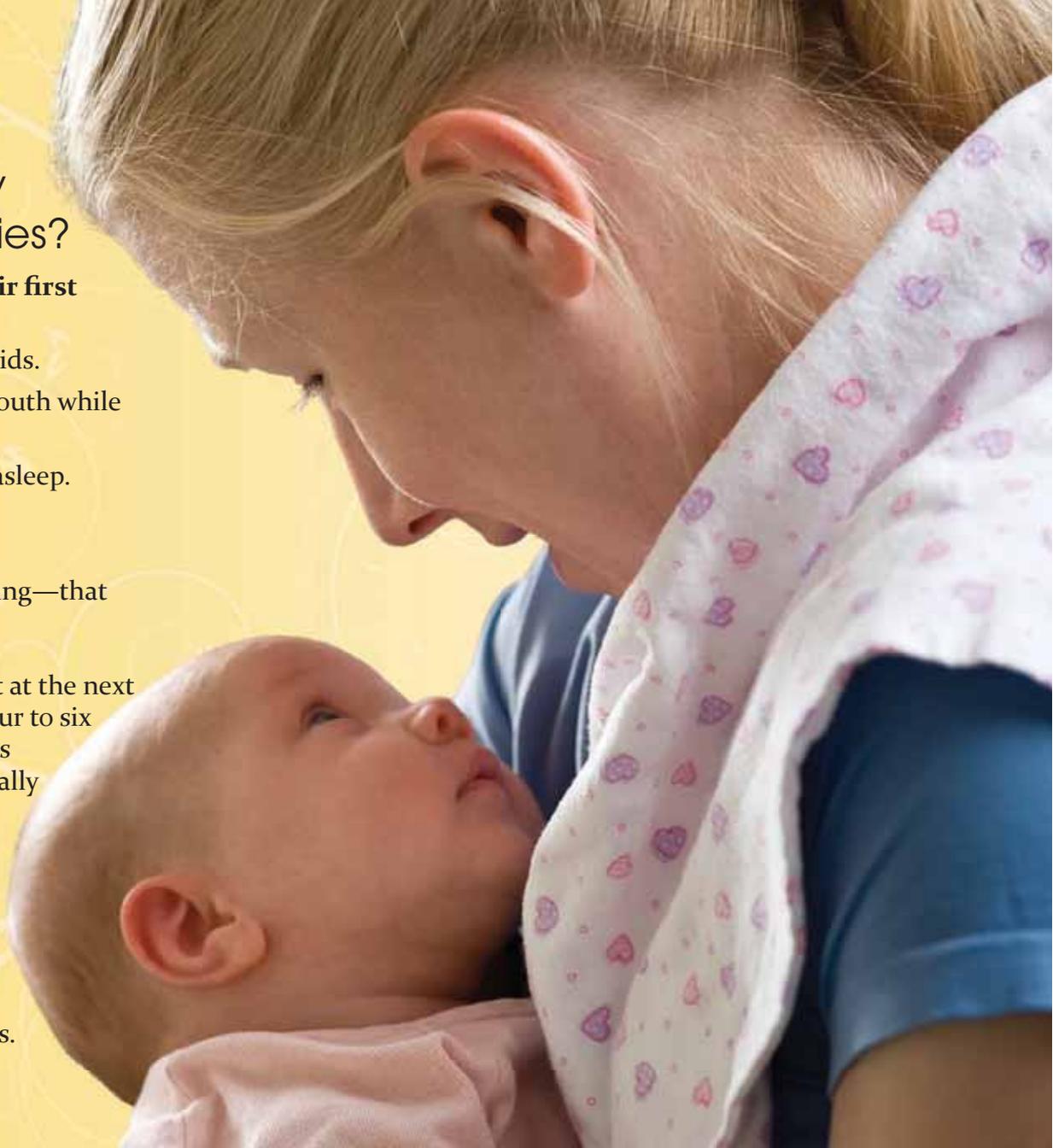
Always feed your babies at their first signs of hunger, which include:

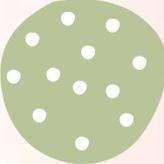
- Rapid eye movements under eyelids.
- Making sucking motions with mouth while awake or asleep.
- Restless body movements while asleep.
- Bringing hands toward mouth.

Don't wait until they are fussy or crying—that makes it harder to breastfeed.

Put each baby on the opposite breast at the next feeding or switch the babies every four to six hours. This helps ensure both breasts are getting equal stimulation, especially if one baby is a stronger feeder than the other.

In the first few weeks massage and then hand express or pump both breasts for about 10 minutes after most feedings. This will help your body make more milk for your babies.





Resources for Parenting Multiples

Nursing twins (or more) can be challenging. Stay strong, Mom! This is a wonderful thing you are doing for your babies. To find online forums and local support groups for mothers of multiples, visit some of the following web sites.

- ❖ **La Leche League**
www.lalecheleague.org
- ❖ **Mothers of Super Twins**
www.mostonline.org
- ❖ **National Organization of Mothers of Twins Clubs**
www.nomotc.org

WIC has breast pumps. If you think you may need a breast pump, talk to WIC staff.





For more breastfeeding help and information, visit breastmilkcounts.com or the Lactation Foundation on Facebook.

Or call any of the following WIC Breastfeeding Support Centers:

Austin 1-800-514-6667

Houston 1-877-550-5008

Dallas 1-855-550-6667

