



Breastfeeding Committee for Saskatchewan

www.thebcs.ca

Important:

Breast milk is valuable for all babies. It boosts babies' ability to fight infection, is easy to digest, and helps babies grow and develop well. These things are especially important for twins and other multiples who are often born early and may have higher needs.

For further information contact:

Local Public Health Nurse

International Board Certified
Lactation Consultant (IBCLC)

Local breastfeeding support group

Saskatchewan Healthline 811

References:

Bonyata, K., BS, IBCLC. (2011, July 28). *Breastfeeding Multiples (Resources)* • KellyMom.com. Retrieved July 25, 2017, from <http://kellymom.com/ages/newborn/bf-basics/bf-links-multiples/>

Gromada, K. K. (2007). *Mothering multiples* (3rd ed.). Franklin Park, Ill. (9616 Minneapolis Ave., Franklin Park 60131): La Leche League International.

Breastfeeding Twins

(or Triplets or more)

Having twins or other multiples (triplets, quadruplets etc...) can be both exciting and overwhelming. Many women have breastfed twins, triplets and more. In addition to nutrition, your milk provides antibodies to prevent infection, lets you have more skin to skin and cuddling time with each baby, and saves you a lot of money.

Will I have enough milk?

Milk production follows supply and demand which means your breasts will produce what your babies demand. Have confidence in your body's ability to adapt.

- Early, frequent effective breastfeeds will let your breasts know how much milk to produce
- Rooming in, or keeping your babies close by, helps you to see and respond to early feeding cues
- If one or more of your babies cannot feed at the breast right away, then early frequent removal of your milk with a pump will also help your supply

Will I have time?

Breastfeeding your babies is a learning process at first but soon becomes very comfortable. When you are breastfeeding, the milk is always ready and there is no need to prepare formula or sterilize bottles. Some moms choose to feed one baby at a time, and some choose to feed two babies at the same time (tandem feed). This can save you a lot of time if you feel ready for it.

- Let each baby have their own breast for each feeding
- At the next feeding, switch the side that each baby nurses on to ensure both breasts are stimulated equally if babies have different suck patterns. Switching sides can also be important for eye development.

Will I need help?

You will want to focus on being with your babies and feeding them. You will find that with some planning and extra support, things will go more smoothly.

- Plan to have some help the first few weeks with housework and meals and other children if you have them. Depending on how your babies are doing, you may need help sooner
- Know where you can get help from a lactation consultant (IBCLC) or a local La Leche League group
- Prepare by talking to other mothers who have breastfed twins or more babies

What else can I do?

- During your pregnancy, meet with a lactation consultant (IBCLC), La Leche League group or a mom who has breastfed multiples to prepare for when the babies are born.
- Read the book *Mothering Multiples: Breastfeeding & Caring for Twins or More!* By Karen Kerkhoff Gromada.
- Check out the website: <http://kellymom.com/ages/newborn/bf-basics/bf-links-multiples/>
- Look into ways to position your babies with pillows and try a variety of positions to find what works best for you and your babies.

