



Breastfeeding Education Topics

Breastfeeding Multiples

Why breastfeed when I have more than one baby?

Breastfeeding is important for the health of you and your babies. Breastfeeding multiples may be more challenging; however, the benefits to mom and babies- especially if they are born premature- will outweigh the time and effort breastfeeding multiples will take.

Can I produce enough breastmilk?

Yes. Knowing how breastfeeding works will help you understand how this is possible. It can give you the confidence to continue breastfeeding even when your babies are feeding frequently and you, or others, begin to question your milk supply.

The basic rule about milk production is that it is made on a supply = needs basis. The more often a baby feeds at your breast and removes milk (need), the more milk is made (supply). Feeding to your babies' needs will help you keep up a plentiful supply so you can breastfeed for as long as it suits you and your family. The extra sucking of two or more babies means that your body will produce the extra milk they need.

How do I feed more than one baby?

- ✓ Comfortable positioning and attachment to the breast helps your babies to feed effectively and take enough milk at a feeding, as well as, avoid nipple soreness.
- ✓ In the early days, you may need help with trying different positions.
- ✓ At first, feeding your babies one at a time will give you a chance to focus on one baby and one breast as you learn. Feeding them together (tandem) saves time, but you will need help at the start. Some moms actually find it quicker and easier to feed the babies separately. Do what works best for you.
- ✓ If you have someone at home with you, they can change and bring one baby at a time to you, then swap for the next one, while they settle the first one.
- ✓ Offer the breast to whoever wakes first, and then wake the other(s) for feeding as needed.

Will I need to express?

- ✓ You may need to express if any of your babies are small and/or premature and unable to feed well at the breast. Even small amounts of colostrum are valuable, giving your babies nourishment and protection from infection.
- ✓ It is a big help if you can surround yourself with people who are skilled and knowledgeable about how breastfeeding works. Their confidence and support will reassure you that you can get your milk supply going and keep it going until your babies can feed from your breasts effectively.



"Breastfeeding Twins or Triplets"-
breastfeeding.support