Breastfeeding Your Twins

Breastfeeding is a little like planning a trip. Start off with a destination in mind – How long do you want to breastfeed? Then, plan your route – think about how to get off to a good start, headed in the right direction. Lastly, expect that there will be detours; plan how you will deal with them. Yes, your body is ready to feed two at a time!

Getting Off to a Good Start – breastfeeding the first few days

- Feed each baby as soon as possible after delivery, and frequently – expect every 1 to 2 hours
- Keep babies in the room with you if possible, watch for hunger cues, lots of skin to skin contact
- If you have a helpful, supportive family member or friend, take advantage of their help to hold one baby while you feed the other
- Breastfeed each baby individually until at least one can latch with little help and both can sustain suckling and swallowing
- Try to keep visitors to a minimum so you feel comfortable feeding often and can rest between

Feeding Rotation – options that have worked for other moms

- Alternate babies and breasts for every feeding; might also consider offering fullest breast to first baby
- Alternate babies and breasts every 24 hours
- Always use same breast for same baby

Together or Separately??? “On Cue” or Scheduled???

- “On cue” can help establish milk supply, help you get to know each baby as an individual
- Feed first baby “on cue” then wake second to feed right after
- Separately during the day, together at night, waking 2nd baby
- Some moms find that nursing one then the other gives “one-on-one time” with each
- It may be easier to follow babies’ schedule than to make them adapt to your schedule
Feeding Together or “How to Have Enough Hands”

- Wait until at least 1 baby is able to latch easily and nurse well
- Bring babies to you rather than leaning over
- Pillows support baby, like an “extra arm; there is a special pillow for twins, better than a boppy
- You are alone with whichever baby you have eye contact with
- Sit on couch, use recliner for laid back position, sit on floor
- Latch the best nurser first, then the one that needs more help
- For pictures of moms nursing multiples, go to this web site: www.karengromada.com

Other tips

- Easier to move baby to shoulder for burping from some positions than others
- Discreet feeding is not as easy with 2 babies, mom may want to feed one at a time in public
- Engorgement can come on quickly if feedings are delayed or missed
- Soft breasts are not a sign of low milk supply, just due to feeding so often

“it takes time to prepare bottles and clean them. I am giving that time to my babies.”