

NURSING MORE THAN ONE BABY

Is it really possible to nurse more than one baby?

Mothers who give birth to twins or triplets (or more!) often have a **greater incentive** to feed their babies breastmilk. Multiples are often premature. Breastmilk has been shown to better provide the nutrients and antibodies that a premature baby requires. Plus, a healthier baby (or babies!) will be easier for their busy parents.

With breastfeeding, less time and money will be spent buying and preparing formula. Instead, **purchase household help** in the early weeks so that mom gets more rest and babies get fed frequently.

The process of nursing multiples is no different from nursing a single baby.

However, because many multiples are born early, you may find that your biggest challenge is having early babies that are sleepy at the breast and do not remove milk well until they are a bit older and have gained some weight.

You may find that in the early days it is easier to nurse your babies separately so that you can learn about and spend some individual time with each baby. This will also assure that each baby is latching well and transferring milk. When you are ready, **you can then practice nursing two babies at the same time.** A nursing pillow that is designed for twins may be helpful.

Because not all babies have similar suckling strengths, it is important to switch breasts at each feeding. This way each breast gets equal stimulation. It is possible to make enough milk to feed 2 or more babies. The more milk you remove, the more milk you will make.

Weight gain, stools, and wets are no different with twins or triplets. However, it may be more of a challenge to monitor! You may want to keep 2 (or 3) breastfeeding logs going.

Assistance with household tasks is vital so that you can focus on resting, eating, drinking and learning to nurse. It is also very helpful to have another pair of hands to assist you with the babies in the early weeks. Accept all offers of help!

You may find that you would benefit from a good quality electric breast pump.

Consider a Medela Symphony in the early days to help you build your milk supply. Once your supply is well established and babies are latching and nursing well, you may find that a double electric purchase pump allows you some flexibility with feedings - especially if your babies develop slightly different nursing schedules or if you would like to have your partner take over a night time feeding so you can get some extra sleep.

Adapted from MilkWorks