

Breastfeeding Twins

Will I Produce Enough Milk?

The more placental tissue you have (which increases with multiples) helps determine how much milk can be produced. Small breasts do not mean that you cannot produce enough milk.

If you are overwhelmed you may find it helpful to make a color coded notebook or use separate notebooks for each child in order to help you keep up with dirty diapers and when you last fed each baby and what side which baby began on. You don't need to note how long they eat, but note that the pediatrician will likely ask for their own purposes.

Keep everything as simple as possible and find a groove that works for all of you.

You do not have to feed the two of them together if you don't feel that you can do it quite yet. You can feed one at a time alternating which baby is fed first each time. If you do choose to feed them both at the same time you may find that having someone help will make things a little easier. You can choose to do laid back nursing and simply lay both babies on your chest and help prop up with pillows. Pillows will be your best friend in the beginning! Or you may try the clutch position (football hold) or lay them across one another in a cross cradle position. There is no right or wrong way to feed your babies, but if you do find yourself needing assistance don't hesitate to contact your local lactation consultant.

You may even find one that offers home visits.

Some Helpful Tips

- Find support! Your care provider and your baby's care provider should support you in your decision to breastfeed your twins (or triplets, etc.). You should also try to find support in your family and friends, and you may benefit from attending La Leche League meetings or some other local breastfeeding meeting.
 - Breastfeed as soon after birth as possible!
 - Room in with your babies.
 - If your babies receive supplement milk try to avoid bottles.
- Try to feed on demand, although in the beginning week you may need to wake them to feed them.
- Don't designate one breast to one baby! Alternate feeding each baby from each breast.

