



Western Upper Peninsula  
Health Department

# BREASTFEEDING

*The quarterly newsletter for breastfeeding information*



## BREASTFEEDING TWINS

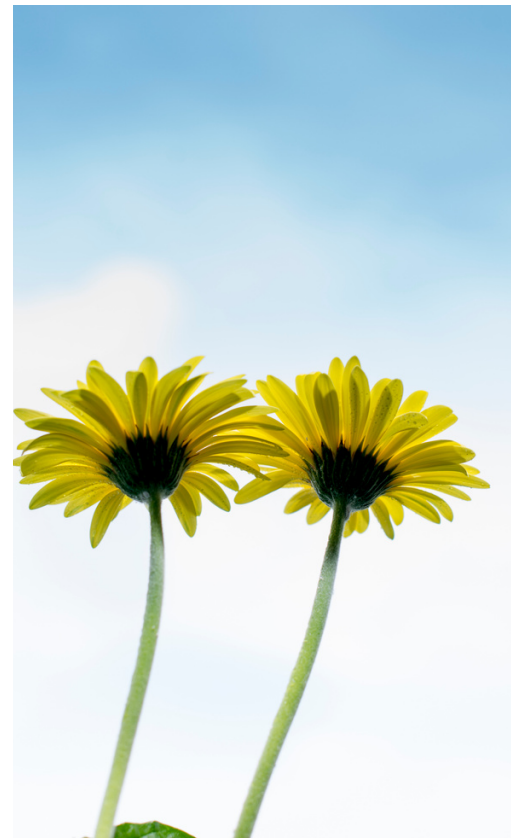
*The thought of breastfeeding in general can seem scary. But the thought of breastfeeding multiples is a whole different ball game. Rest assured, we're here to guide you through and help you achieve your breastfeeding goals!*

### Babies, babies everywhere!..

Is how it may seem bringing multiples home. You may be thinking "how can one of me, feed more than one of them?!" Let's dive in to some tips that can help you out!

Breastfeeding takes time. It takes time to learn and it takes time to do. When expecting two babies it's safe to say you can also expect it to take even more. But that doesn't mean it's impossible!

The best we can do is do our best to be prepared. Follow along for tips on how to get started and what you can do.



*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person*

# Tips for Breastfeeding Multiples:

- **Establish a good latch.** This is the first step to breastfeeding in general. Before you can have success at breastfeeding, you will need to establish a good latch to prevent you from pain and to ensure that baby is removing milk effectively. (See our other newsletters for latching & positioning techniques.)
- **Tandem nursing.** Once baby's latch is established you can try breastfeeding two babies at once. This will save you time in the long run, if you can find a way to do it comfortably and effectively. Don't be discouraged if it isn't smooth sailing right off the bat, like anything, it will take some getting used to. If tandem nursing isn't for you, that's okay, too! There's nothing wrong with feeding one baby at a time.
- **Find a good nursing pillow that works for you.** This will save your arms when it comes to holding your baby to breast (especially if you're doing two at once!) You can use an actual nursing pillow or even just a regular pillow that you have lying around the house. Whatever you're more comfortable with!
- **Latch one baby at a time.** Keep babies close by while getting set up to nurse. This will allow you to latch one baby with the other close by ready to go.
- **Switch breasts.** It's important to put each baby on each breast to ensure both breasts are being equally stimulated.
- **Ask for help!!** Whether it's a family member, friend, peer counselor, or local lactation consultant, don't be afraid to ask for help! It's a lot of work growing one baby - let alone two!
- **Eat, eat, eat!** Breastfeeding twins means you are burning even more calories than someone breastfeeding one child. Look into options for upping your calorie intake in a healthy way that works for you!
- **Seek out multiples support groups.** Finding support from other parents who also have multiples can be so helpful and encouraging! You can check locally for in person groups, but there are always options for online support groups as well!

**Hopefully these tips will help you to get started and help you to meet your breastfeeding goals. Remember, you can always call your local WIC office to speak with a breastfeeding peer counselor or to have you put in touch with your local lactation consultant. You got this, mama! You're going to do great!**



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