

Nutrition On Your Own



Breastfeed Twins, Triplets or More?

You can do it!

It's **true***, **breastmilk** is the very best food for babies. Even though breastfeeding is the natural way to feed a baby, babies and mothers have to learn how to breastfeed. When there is more than one baby, it will take a mother extra practice but the rewards are worth it.

- Breastfeeding will help the babies stay healthy and grow.
- Even **small** babies born early will **do** better if they get their mother's milk.
- Breastfeeding also helps mother and babies create a special **bond**.
- Breastfeeding is **free**, always available, there's no preparation, and no **equipment**.

Mothers of multiple babies need more support and help from the babies' father, grandparents and friends. They can help mother position the babies to breastfeed or care for the other baby while one is being fed. Families can play, **bathe**, **sing to**, and comfort the babies while mom is getting **rest**. A great way to comfort and **bond** with babies is by putting their bare chests next to your bare chest. This is called kangaroo care or skin-to-skin.

* Words that appear in dark letters (bold) throughout the lesson are answers to the crossword puzzle on page 5.

You may ask, “So just how does a mother breastfeed more than one baby?” Well, there are many ways. It is up to the mother to find out which way is best **for** her babies and her. She could breastfeed two babies at one time or nurse them one at a time. And there are many different ways you can nurse both at the same time. Here are four common nursing positions.

single cradle hold



double football hold



double cradle (criss-cross)



parallel hold



Other helpful nursing tips:

- Use **pillows** to help position and support your babies.
- Get the stronger nurser latched-on first before positioning the second one.
- Count wet and dirty **diapers** to know if your babies are getting enough milk.
 - at least 6 wet diapers in 24 hours
 - at least 3 dirty diapers in 24 hours for the first 6 weeks
- Nurse your babies as often as they want, at least 8 times every 24 hours.
- Feed your babies when they show early hunger **cues**.
 - sucking on fingers
 - fists and hands
 - licking **lips**
 - and rooting, turn their head in search for food
- Check to make sure your babies are gaining weight.
- Contact support groups and people that help mothers of multiples, La Leche League, Mothers of Multiples, and WIC breastfeeding educators and peer counselors can all help.

Remember any amount of breastmilk is good. If you want to learn more, ask your WIC clinic for the twins video called *Double Duty* and the *Tips for Nursing Mothers* handout called *Nursing More than One*.

Crossword Puzzle

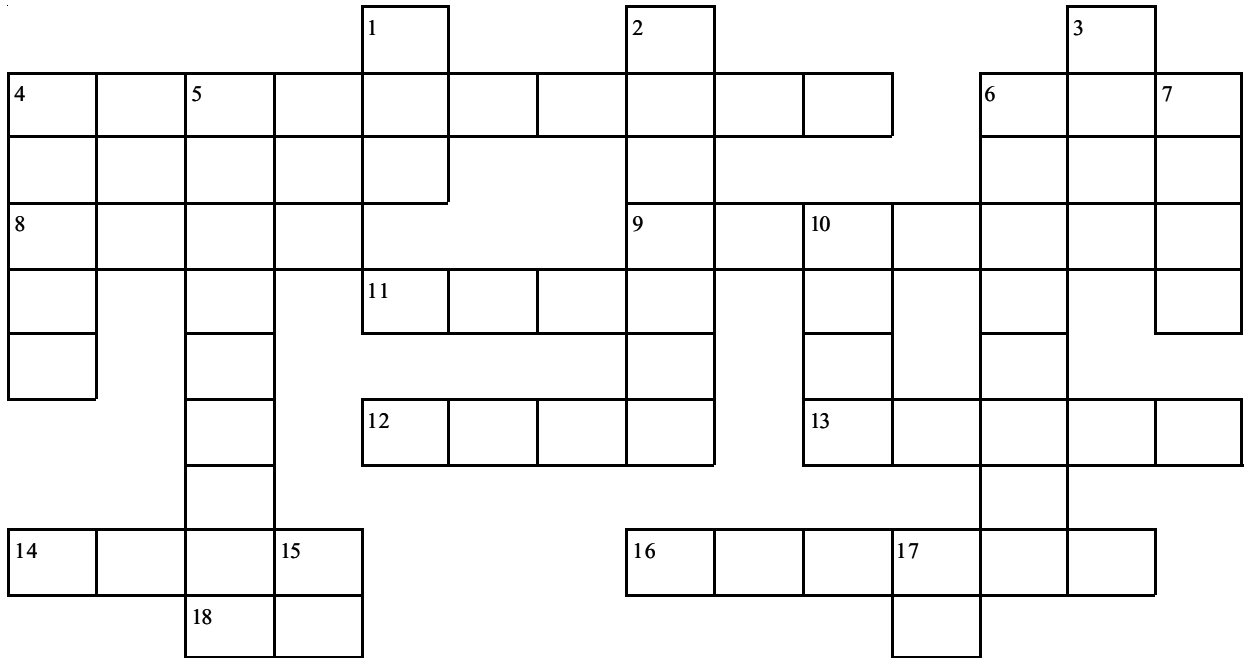
Across

4. _____ is the very best food for babies.
6. You can ask WIC clinics _____ help.
8. Opposite of false.
9. To help support babies on mother's lap use _____.
11. Breastmilk doesn't cost anything, its _____.
12. Licking lips and sucking fists are early hunger _____.
13. Another word for little or tiny.
14. Breastfeeding helps mom _____ with her babies.
16. A common nursing position.
18. Skin- __ - Skin, a diapered baby up against a bare chest is a way for dad and mom to bond with their babies.

Down

1. Just ____ WIC for the *Double Duty* video or *Nursing More than One* handout.
2. Counting dirty and wet _____ is how you know your babies are getting enough milk.
3. There is ____ equipment to buy when you breastfeed.
4. The act of getting clean.
5. What don't you have to buy in question 3 down?
6. The ball used in a Fall sport or the name of a nursing hold.
7. While mom is getting _____, others can be bonding with the babies.
10. An early hunger cue is licking _____.
15. Do you think you can breastfeed your babies? Sure you can ____ it!
17. That's right you can ____ it. WIC is here to help you.

Hint: all words are found in the lesson in bold letters.



Answer Key

				A			D					N		
B	R	E	A	S	T	M	I	L	K			F	O	R
A		Q		K			A					O		E
T	R	U	E				P	I	L	L		O	W	S
H		I		F	R	E	E		I			T		T
E		P					R		P			B		
		M		C	U	E	S		S	M	A	L	L	
		E										L		
B	O	N	D						C	R	A	D	L	E
		T	O									O		

USDA Nondiscrimination Statement

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, age, and disability. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

6

To file a complaint, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal-opportunity provider and employer.

