

# Breastfeeding Twins, Triplets or More

## Congratulations!

You may be wondering if breastfeeding more than one baby at a time is possible. The answer is: yes!

## Realistic Expectations

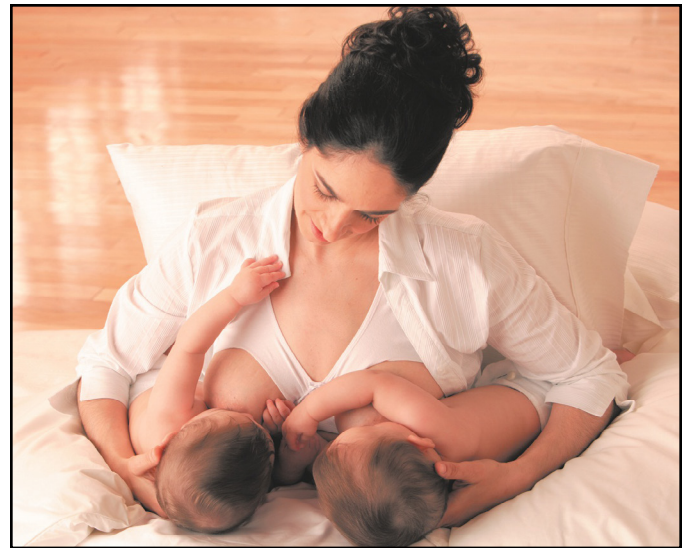
If your babies are born early, they will likely be sleepy and unable to breastfeed well. If your babies are born full term, feedings will be easier.

Your health care provider and lactation consultant will help you create a feeding plan that will work for you and your newborns in the hospital.

The American Academy of Pediatrics recommends using an electric breast pump for 15 minutes every 2 to 3 hours if your babies can't breastfeed. Use a "hospital grade" double pump.

Pumping will help make sure your body makes an adequate milk supply even if your babies are too small or weak to breastfeed in the days and weeks after birth.

When your babies are able to breastfeed, the transition to normal feedings will be easier if there is plenty of milk.



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**It is possible to breastfeed more than one baby at a time.**

## At the Hospital

- Cuddle skin-to-skin with your babies for the first hour, if you are able.
- It is often easier to nurse one baby at a time.
- Once your babies learn to latch on and can nurse for a full feeding, you can breastfeed both at the same time.
- Your nurses and lactation consultants can help create a feeding plan for you once you return home.

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## At Home

- Feeding your newborns and taking good care of yourself should be your priority the first few days and weeks.
- Ask family members and friends to help with meals and housework.
- Don't be afraid to ask for help!

## Resource

For more information about breastfeeding multiples, see "Mothering Multiples" by Karen Kerhoff Gromada.

## Whom To Call With Questions

If you have questions or concerns about your babies' health (including feeding and weight gain), talk with your babies' health care provider.

If you have questions or concerns about breastfeeding, talk with your lactation consultant.