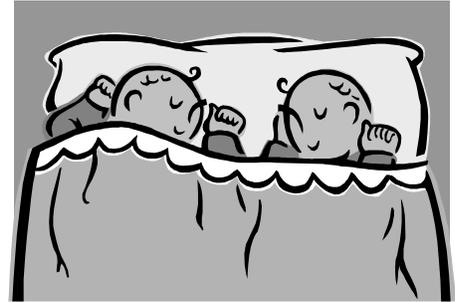


Breastfeed twins?



One mom can nurse two babies - or three or more. Here are some answers to common concerns.

"But I would be a 24-hour walking diner!"

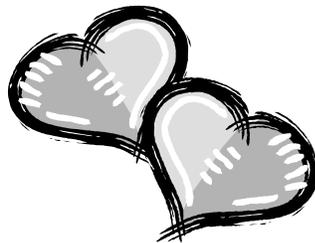
To save time, you can feed "two for one." Others can help you feed the babies together by bringing them to you and helping you get them positioned. Getting them to nurse together may be a challenge at first. Each one may want to nurse a little differently. Be patient as you learn each baby's nursing style. Once they get the "hang of it," you can usually get them on the same schedule. Twins are more likely to sleep better and get on the same schedule if they are touching. They have already been together for nine months!

"But I wouldn't make enough milk for two!"

Mothers have been nursing twins and triplets for years – and without supplemental formula. Breasts are "flexible." They adjust to the need. The more babies you nurse, the more milk you make. Nursing babies together increases milk supply even more. If you want your little ones to have the very best start in life, give them your own milk. Twins tend to be born earlier or smaller than usual. Your own milk gives these little ones the health protection they need.

"But I won't have time!"

No matter how you feed the babies, you will need help. Suggest ways that loved ones can help such as changing diapers, bathing, rocking, comforting the babies and bringing them to you to nurse. And don't forget to ask for help with housework and older children! Are you hesitant to ask because you don't want to put others out? Maybe they will feel left out if you don't ask! Most will want to help, especially with two little ones. Tell them how they can help. If others want to feed the baby, let them know that you need to feed the baby so you can build up a good milk supply. Ask others to help you.



Mom's Milk: 'Health insurance' for your little ones.



Breastfeeding Awareness and Support Program
Healthy Baby Line
1-800-986-BABY



Pennsylvania WIC Program
1-800-WIC-WINS
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