

Ultimate Multiples Prep

RESOURCE GUIDE

Helpful Links

- [Breastfeeding Twins](#)
- [Breastfeeding Twins and Triplets](#)
- [Nursing Two](#)
- [La Leche League - Twins and More](#)
- [La Leche League Group for Moms of Multiples](#)
- [Breastfeeding Multiples](#)
- [Multiples Positioning Photo Guide](#)
- [Hand Expression Video](#)
- [Breast Milk Volume](#)
- [Colostrum Harvesting](#)
- [Alternative Feeding Methods](#)
- [The Importance of Exclusive Breastfeeding](#)
- [The Importance of Early Milk Removal](#)
- [Kangaroo Mother Care](#)
- [Breastfeeding in the NICU](#)
- [Breastfeeding After the NICU](#)
- [Paced Bottle Feeding](#)
- [When to See an IBCLC](#)
- [Twin Nursing Pillow](#)

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RESOURCE GUIDE

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Class Notes

Benefits of Breastfeeding

- Babies have a lower risk of common illnesses, diabetes, SIDS, NEC, asthma, lower respiratory disease, and more.
- Mother's have a lower risk of hypertension, type 2 diabetes, ovarian and breast cancers, and postpartum depression.

Keys to Breastfeeding Success for Parents of Multiples

- Enlist help - give helpers specific tasks, have family and friends come in shifts, consider hiring help, partners take on more household responsibilities.
- Recognize that recovering from birth and feeding your babies is more than a full-time job and its ok to prioritize breastfeeding and recovery.
- If your babies are in the NICU:
 - Ask lots of questions, stay involved in their care.
 - You can be part of the decision making process for their care.
 - Ask about benefits and risks of every decision or intervention.
 - Ask for frequent kangaroo care or skin-to-skin.
- Breastfeeding Twins
- Breastfeeding Twins and Triplets
- Nursing Two
- La Leche League - Twins and More
- La Leche League Group for Moms of Multiples



Golden Hour and Skin-to-Skin

- Breastfeeding can still be successful even if the Golden Hour is interrupted.
 - Prioritize skin-to-skin as soon as you and your babies are able.
- Skin-to-skin helps with bonding, regulates blood sugar levels, heart rate, and body temperature in babies and helps with initiating breastfeeding.

Milk Making Process

- Ways to help stimulate and establish milk production:
 - Focus on seeing your babies and making milk.
 - Spend as much time with your babies as possible.
 - Prioritize milk removal and breast stimulation through latching, hand expression, and/or pumping.
 - The Importance of Early Milk Removal
- **Colostrum**
 - Produced around 16 weeks of pregnancy.
 - Small volume but packed with essential nutrition and immune factors.
 - Breast milk is tailored to your babies' needs.
 - Colostrum Harvesting
- **Transitional Milk**
 - Usually appears on day 3-5 when your milk “comes in”.
 - Engorgement is temporary and lasts about 2-4 days.
 - Frequent milk removal, breast massage and cold can help engorgement.
 - Reverse Pressure Softening
- **Mature Milk**
 - Your breasts will produce mature milk around day 10-14.
 - It takes about 4-6 weeks for your milk production to peak.
 - From 1-6 months full-term breastfed babies take an average of 20-25 oz of milk per day.



Milk Making Process (cont)

- **Letdown**
 - A term used to describe the milk ejection reflex.
 - Letdown or milk flowing is triggered by the release of oxytocin.
 - A letdown can happen when using a pump or by baby breastfeeding.

Latch

- Babies develop a suck-swallow-breathe pattern around 32-34 weeks but it may take babies around 37 weeks to get good at it.
 - If your babies are very early (and the healthcare teams says they're ready to try latching):
 - Consider offering the breast after you've pumped to let them practice latching.
 - Try once or twice per day, but don't allow yourself or your babies to become frustrated.
 - Try latching during a tube feed.
 - Consider using a nipple shield as a latching tool.
 - Consult with a lactation consultant before and during use.
 - Preemie babies can be **extra sleepy** and may need assistance to wake up for feedings.
 - Preemie babies may tire easily at the breast when feeding.
 - Follow your babies' cues.
 - **Feeding Cues and Frequency**



Latch (cont)

- When latching:
 - Nipple to nose
 - Belly to mom
 - Chin to breast first
 - Wide open mouth
- If your babies need a supplement, consider syringe, cup, or spoon feeding.
 - If your babies take bottles, use **Paced Bottle Feeding**

Breastfeeding shouldn't be painful.

Positioning

- Consider feeding twins at the same time.
- A double football hold may work well with multiples.
- Have good support under your babies so they are at the level of your nipple.
- **Laid Back Positioning**
- **Multiples Positioning Photo Guide**
- **My Breast Friend Twin & Plus Nursing Pillow**



Timing/Frequency of Feeds

- Breastfed newborns need to eat at least 8-12 times in 24 hours.
- With preemies, feeding times at the breast may be limited to conserve energy.
- **Newborns should not go more than 3 hours without feeding during the day.**
- **Hunger cues:**
 - Rousing, licking, sticking out the tongue, hands to mouth, rooting
 - Crying is a late sign of hunger
- You can switch babies on the opposite breasts each feeding.
- **Speak to your lactation consultant and pediatrician if:**
 - Babies are falling asleep quickly at the breast.
 - Babies are taking longer than 45 minutes to finish a feeding.
 - Your breasts don't feel softer after feedings.
 - You don't hear or see many swallows while your babies are nursing.
- **Swaddling and Breastfeeding**

What if my babies aren't latching?

- Start pumping and hand expressing until your milk "comes in."
 - **Hand Expression Video**
- Hands on pumping can be effective at maximizing milk production.
- Pump 8+ times per 24 hours (or every 3 hours), for 20-30 minutes each session.
- If one of your babies is nursing well, nurse on one side and pump on the other.
 - **When Baby Isn't Feeding Well**
 - **Newborn Weight Loss**



Artificial Nipples and Breastfeeding

- Consider syringe, cup, or spoon feedings for short term supplementation in the first few days for small volumes of milk.
- A bottle will need to be used for larger volumes of milk supplementation.
- **Paced Bottle Feeding** is recommended to help protect breastfeeding.
- It is recommended to wait to introduce a bottle or pacifier until breastfeeding is established (around 4 weeks).
- If your babies are in the NICU, bottles and pacifiers may be needed early on.
- If a supplement is needed, mother's milk is the preferred method, human donor milk is second and formula is third.
- **Breastfeeding After the NICU**

Nighttime Breastfeeding

- It is normal for newborns to wake often to feed.
- **Newborns should not go longer than a single 4-5 hour stretch without feeding at night.**
 - Your babies' healthcare team may recommend feeding every 2-3 hours even at night.
- Nighttime milk removal is beneficial for your milk supply.



Signs Breastfeeding is Going Well

- Mom and babies are comfortable.
- Babies are gaining weight appropriately.
- You can hear and see lots of swallowing at the breast.
- Your breasts feel softer after feedings.
- Your babies are letting you know it's time to eat 8-12 times in 24 hours.
- Diaper counts are adequate.

Quick Tips for Building and Maintaining a Strong Milk Supply

- Contact a **lactation consultant** right away if you have any breastfeeding concerns or questions.
- Remove milk frequently - Nurse, nurse, nurse or pump, pump, pump!
- Avoid artificial nipples if possible (bottles and pacifiers may be needed in NICU).
- **Keep babies close** by rooming in and doing lots of skin-to-skin and babywearing.
- Hand express for just a few minutes after each nursing or pumping session to boost supply if needed.

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Disclaimer: This class is intended for general education purposes only and should not replace any medical direction from your healthcare provider. Please seek advice from your own healthcare provider and lactation consultant (IBCLC) for individualized recommendations.

