



Clutch Hold



Clutch/Cradle Hold



Cradle Hold

Be Patient

Be patient – not just with your babies, but with yourself. Nursing multiples takes effort. However, once your milk supply is established you will find breastfeeding to be easier and more convenient than bottle feeding.

Experiment

Learn different ways to hold your babies and bring them to your breast. A really creative mom may feed two babies at once while rocking a third or fourth in a baby seat with her foot. Of course, there will be times when your babies will nurse separately.

Practice, Practice, Practice

The more you do it the easier it gets. And the more milk you'll produce.



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Nursing More Than One



Get Comfortable

- 👉 Use pillows.
- 👉 Lie down in bed.
- 👉 Curl up in your favorite chair or sofa with your favorite television show, video, music, or a book.
- 👉 Use the time you spend nursing your babies to relax and enjoy yourself. Nursing will allow you to get off your feet and get some needed rest.

Eat Sensibly

Eat and drink often throughout the day. During the first few

weeks, you may be very busy, but you need to keep up your strength. Have a snack and beverage nearby each time you nurse.

Pump If You Need To

If your babies are premature or do not have a strong suck at first, you may need to use a breast pump. Your babies will still get your breastmilk until they are strong enough to nurse, and pumping will help increase your milk supply. Talk to a WIC breastfeeding counselor about the kind of pump to use. Ask for a copy of the WIC brochure *Mother's Milk for Premature Babies*, stock #13-46.

Use Available Resources

- 👉 Call your local WIC Breastfeeding Coordinator or the Breastfeeding Help and Information Line at 1-800-514-6667.
- 👉 Look into support groups for moms with multiples in your area or your local La Leche League chapter.
- 👉 Nursing multiples can be a challenge, especially if they are born early. For the first few weeks after your babies are born, you may want to contact a breastfeeding counselor frequently – some mothers of multiples need



to talk to a breastfeeding counselor every day.

- 👉 Ask for help before you come home from the hospital. Ask a friend or family member to:
 - 👉 run an errand
 - 👉 do a load of laundry
 - 👉 prepare a pot of soup or a casserole
- 👉 Dad or a grandparent can help with:
 - 👉 diapering babies
 - 👉 bathing and dressing babies
 - 👉 reading to babies
 - 👉 limiting visitors
 - 👉 reading to or playing with one baby while mom nurses the other baby