



Date..... Name or Label:.....

Lifestyle in Multiple Pregnancy



Dear Parents-to-be,

A multiple pregnancy is special in many ways.

Also, there are risks associated, but you can do a lot to reduce the risks by adopting a healthy lifestyle.

Do not worry, as stress and anxiety are not good for your children either. In case you are underweight or overweight at the start of your pregnancy, you should know that a healthy diet during pregnancy and a "normal" weekly weight gain are more important for the course of your pregnancy than your absolute weight.

With multiple children growing in womb at the same time, you may wonder if you should also be eating for three or even four. A simple way to monitor adequate nutrition is to perform regular weight checks, preferably every morning, but at least 1x/week before breakfast without clothing. This gives an optimal comparability, which is not influenced by meals or clothing. Why is this important?

Through scientific research, it has been found that mothers of twins or multiples have more problems during and after pregnancy associated with either too low and too high weight gain. Both can affect the long-term health of your children.

Weight gain that is too low in mothers of twins (**on average of less than 500g/gestational week**) is associated with increased preterm birth rates and admission of children to the intensive care unit. Excessive weight gain (**on average more than 700g/gestational week**) increases blood pressure, cesarean rates, and infants' risk of obesity. These limits may be slightly lower at the beginning of pregnancy and higher at the end. However, you should document your weight and weekly weight gain on a specific day of the week throughout your pregnancy and discuss what needs to be done with your health care providers.

In the past, mothers with multiples were advised to take as little exercise as possible and to rest. However, there is no scientific evidence that this is beneficial. On the contrary, a reasonable amount of physical activity reduces many risks for you and your children.



This can be vividly observed in animal models. Rat children of normal-weight mothers are of normal weight (left), children of overweight mothers without an adapted diet and/or activity tend to be overweight later on (center). However, if the mothers adapt their diet and exercise, they can ensure a healthy development, i.e. normal weight, of their children in the long term (right),

All in all: Ensure daily activities and a controlled diet while adhering weight gain to the specified lower and upper limits, which you can then discuss with your health care providers!

