



Breastfeeding in multiple pregnancy

Dear mother-to-be,



Even before the birth, you should think about whether and how you can make it possible to breastfeed your children. This is more challenging with twins or even higher-order multiples than with just one child. Therefore, it is good to already be prepared before birth within the family.

It has been found that pregnant women with twins who have inadequately been prepared for this situation actually breastfeed for much shorter periods or not at all. To start from the beginning and also for a longer period of time, you will also need the support of your family and good advice from your midwife or medical team. Make a commitment to breastfeed both children for at least 6 months. Of course, there should be no "pressure" to perform, but you shouldn't give it up too soon.

Why is it so important to breastfeed twins early and for a long time?

- 1) You promote your own health by breastfeeding. Mothers who breastfeed for a long time have less weight gain, less diabetes or high pressure as compared to mothers who do not breastfeed or breastfeed for a short time (< 4 weeks). Even cancers occur less often in women who have breastfed.
- 2) Twins who were breastfed by their mothers for at least 6 months had lower rates of obesity and metabolic disease as compared with children who were not breastfed or were breastfed only briefly. In general, breastfed children also have lower rates of allergic diseases.

Without doubt, the practical problems of breastfeeding twins are greater than with singletons, and parents of twins are also more tired, because no sooner is one child asleep than the other may be awake to be fed.

We cannot discuss all solutions here, but recommend reading practical leaflets or books on "Breastfeeding twins" with clear examples and advice.

In summary, prepare for the breastfeeding period already during pregnancy! Possibly this may help you to document the amount of breastfeeding by weighing the children or, if you pump the milk (temporarily), also by measuring it in the bottle. The table may support documentation.

All in all: Get to work, make sure that you and your children do something for later health by breastfeeding. And if it's hard, think: If the she-wolf in Rome could do it, so can I!



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