



BREASTFEEDING MULTIPLE BIRTH CHILDREN

A great start to multiple parenthood



**EXCLUSIVE
TANDEM FEEDING
OF MULTIPLE
BIRTH CHILDREN
IS POSSIBLE.**





BENEFITS OF BREASTFEEDING FOR THE MOTHER AND THE BABY

- Breastfeeding improves the health of the mother and child
- Mother's milk is exactly designed for your own baby
- The composition of the milk varies according to the needs of the baby



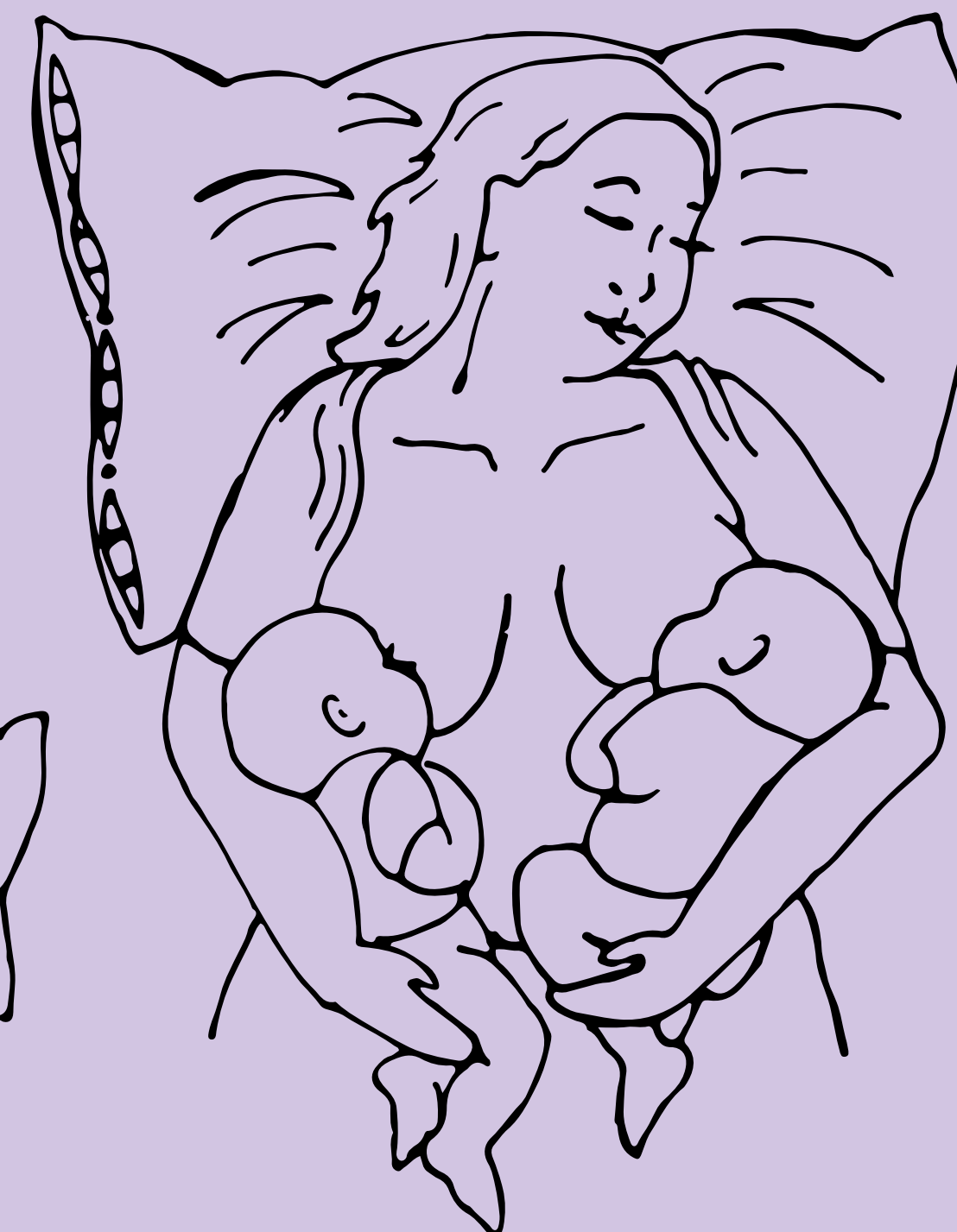


THE GOLDEN HOUR OF BREASTFEEDING (COLOSTRUM)

- May be started immediately upon vaginal delivery
- May be started in the recovery room right after the C- section, if the condition of the mother and children allows to do so
- During the intensive care unit period, the baby can be fed with mother's milk by utilizing the catheter



POSITIONS FOR EXCLUSIVE TANDEM FEEDING OF TWINS





CHALLENGES OF BREASTFEEDING

- Premature birth and a possible intensive care unit period
- Technical challenges
- Fatigueness of the mother

SUPPORT AND ASSISTANCE DURING BREASTFEEDING

- Breast shields
- Pumping up with the assistance of a breast pump
- Cup feeding
- Bottle feeding





BOTTLE FEEDING

- Bottle feeding may function as a help and support alongside with breastfeeding
- Bottle feeding may help the significant other to bond with the baby
- The children's need of closeness may be fulfilled when bottle feeding

