

TWINS - TIPS FOR BREASTFEEDING MOTHERS



Ante Natal hand expressing - start at 36/37 weeks – this can come in useful if your babies come early or are a little smaller, they sometimes need a little extra milk for these reasons

Skin to skin - Have skin to skin with both of your babies. It will be so relaxing and great for initiating those first feeds

Hand Expressing – If your babies are slow to feed at first then hand expressing at least 8 times in a 24 hour period will help maintain and protect your supply

Tandem Feeding - Although the thought of breastfeeding 2 babies may be daunting, being able to feed both babies at once can make things more simple for you. There are various positions where you can feed both babies at once. Watching videos on the internet of other mums tandem feeding can really help too. See <https://www.bestbeginnings.org.uk/breastfeeding-twins-or-more/766691fa-0d80-43d4-920b-bbc1d1097752>

Expressed Breast Milk – If you choose to express and give your milk via a bottle, here are a few tips:-

- ✚ Keep your babies close
- ✚ Snuggle them in for feeds with lots of eye contact
- ✚ Rub the teat on their top lip before gently inserting
- ✚ Expressed milk is fine left at room temperature for 6-8 hours, in the fridge (back of fridge) for between 5-8 days, in the freezer for 6 months

ANY BREASTMILK YOU GIVE YOUR BABIES MATTERS. THERE ARE OPTIONS FOR YOU:-

EXCLUSIVE EXPRESSING

If you need to exclusively express or have chosen to, here are some handy tips:-

Day of delivery – hand expressing within 2 hours of the birth can really kick start your supply. Continue hand expressing at least 8 to 10 times in a 24 hour period until milk comes in on day 3-4.

First 2 weeks – These are very important as it is in this time period that your long term supply is set up. Once your milk has come in you will need to use an electric pump, preferably a double pump. You will need to continue expressing at least 8 to 10 times in a 24 hour period.

Double pumping – This helps produce more than twice the amount of the hormones necessary to build your supply. Also, you get double the amount out – in half the time – meaning more time spent with your babies. (Hospital grade pumps get maximum milk)

Night Time expressing – This is the most important time to be expressing. Your ‘milk making’ hormones are most abundant between the hours of Midnight & 4am. This is when babies usually feed, so we need to mimic this to set up your supply.

Expressing on the go – Some pumps are portable and run on batteries. Don't be afraid to express on trains, planes or wherever you need to. Pumps can be hidden under clothes so nobody knows (single pumping may be easier for this).

Mind over matter – Try not to think of expressing as something 'extra' for you to be doing. Whilst expressing think 'I am making the bottles up' - (making formula up as an alternative is neither easy or quick). Expressing may seem boring, so make sure you have something to read or your favourite box set to watch.

Enough for 2 – If you do all the things mentioned above, there is virtually no reason why you wouldn't be able to produce enough for both (or more) of your babies.

It is the amount of times, and when you express in the first 2 weeks that determines your supply

Help & Support – Expressing mummies need just as much support as those who are breastfeeding. Contact any breastfeeding group, phone lines or relevant health professionals for anything you may be concerned about.



BREASTFEEDING POSITIONS FOR TWINS



**BREAST PUMP HIRE –
INTERNET:**

MEDELA – 'Symphony'
direct from Medela -
[rental.co.uk/](http://www.medela-rental.co.uk/) - tel: 0161
3pm for next day delivery

TAKE A LOOK ON THE

double breast pump
[http://www.medela-
776 0400](http://www.medela-776-0400.com/) -Order by

ARDO – 'Carum' double breast pump direct from Ardo – info@ardomedical.co.uk – tel: 01823336362
– www.ardobreastpumps.co.uk - Order by 2pm for next day delivery

Baby Friendly Team. June 2017
Version one. Review June 2020