

TWIN BREASTFEEDING: HOW TO MAKE FEEDINGS MANAGEABLE?

When women are expecting twins, it is necessary to stay healthy during this crucial time for them and their babies. There are so many questions in mothers' minds related to pre and post [twin baby pregnancy](#). When they are about to give **twin birth**, they may experience various changes in their bodies including weight gain, nausea, and vomiting, and problems with certain kinds of food. At the beginning of the pregnancy, women don't actually know what they are going to carry, which means they are unclear about the type of conception babies such as whether it is a single or twin baby. Once the third trimester starts of their pregnancy, they will come to know that they have **twin babies in the womb**.

Twin babies can be identical or fraternal. Identical twins are also known as monozygotic twins whereas fraternal are referred to as dizygotic. identical twins result through the fertilization of a single egg that further divides in two. On the other hand, fraternal twins are produced through two separate eggs during the same pregnancy.



After the birth of twin babies, women have to go through several challenges like difficult pregnancy, [twin breastfeeding](#), lack of sleep, and many more. Since breastfeeding is one of

the most important tasks of a mother for their twin babies, here are some tips are given below about it, such as:

A few tips for breastfeeding your twins:

Use a nursing pillow:

The nursing pillow is designed in such a way that it can make it easier to position your babies altogether. You may also use two regular pillows or rolled-up towels.

Position of the pillow:

When you are going to breastfeed your babies, place the pillow in the right position and take the help of someone to hand you each baby so that latching can be done properly. If you are alone, settle yourself on the floor in front of the couch with lots of pillows. Set your babies in the bouncy seats on either side of where you will be sitting. Set the pillow around your waist and position the babies one at a time onto the pillow, then latch.



Obtain the right nursing position:

Try to keep both babies in the cradle holds using the pillow to support their heads. Moreover, you can combine the cradle hold along with the pillow support. Keep experimenting until you reach a comfortable position.

Switch Breasts:

One important thing to remember is that, switch breasts for each baby at each feeding so that both breasts are stimulated equally.

Focus on your latch:

It is important to pay attention while breastfeeding that it doesn't cause sore or cracked nipples. Soreness is generally caused due to a poor latch. If your nipples are extra swollen, try a lanolin cream to comfort the pain.

If you have three or more babies to feed, latch two at a time then latch the third baby.

Try these informative tips for proper breastfeeding for your babies.