

# What Safety Measures Are Required During Breastfeeding?

After giving birth to twins every mother prefers breastfeeding as it is very important for the health of your twin. A mother should get to know about before she is giving birth. If you have not any experience regarding this aspect you should take expert's advice. There are consultants or breastfeeding specialists who can teach you about it. Also, you can take advice from other mothers because their advice can be very fruitful to you. **Twin breastfeeding** is not so easy for a first-time mother so better to be ready before giving birth to them. Now the first question that arises in a mother's mind thinking about breastfeeding is, what technique will be the best for doing it.



You make sure that your partner helps you when you are breastfeeding. A mother should recognize the signs of babies when they are hungry. Like if they are poking their tongue out or turning their head, making some noises, or sucking their lips or hands. And if you find any difficulty in breastfeeding like you are unable to complete a sufficient milk supply to your babies, you should take advice from health experts for an alternative option.

It is very challenging for a mother to put both babies at the same time and do breastfeeding. To overcome this kind of problem you need something to support your babies. Normal pillows do not help you much in that case. So you should use a [twin breastfeeding pillow](#) for it. Twin breastfeeding pillows are available in different versions. You should have some quality measures in your mind while going to purchase it like the filling, strength, and

material for the cover. When you are going to buy it also see that the filling and cover are free from pollutants. And the very essential thing to keep in mind when you are breastfeeding to twins is to see the baby's lying position.

After becoming a mother there are many challenges to face. Making your twins sleep is one of them. It is suggested that parents should sleep with their twin in the same room to reduce the risk of bed death. Give a soft handed massage before going your [twins sleeping together](#). It will increase the time period of sleeping with your babies.



Parents should think before **shopping for twins**. At first, they should make a checklist consisting of all mandatory items for their babies. This will help them to avoid extra shopping. They can buy 'Two Safe Newborn Infant Car Seats' for their twins that are designed especially for newborn babies.

'Two Convertible Cribs' can be very helpful for new parents. You can also arrange 'One Portable Playard or Pack-n-Play'. It will be a place where you can make your babies sleep safely. It is a portable crib, parents should take it with them in any corner of the house like in the day time they can carry crib in the sitting room and at night they can bring it in their bedroom.

Remember all the necessary consideration to take care of your twins when you are giving them breastfeeding.