

**Description**

- More than one fetus (PG current pregnancy, BF/NBF most recent pregnancy)
- > 1 fetus have greater nutrient requirements and may have risks such as preeclampsia, anemia & LBW or FGR infants

**Assess Readiness for Change:** with open ended questions

- “So you are having twins! How are you feeling about that?”
- “Since you are having twins, how comfortable are you gaining 25-54\* lbs for the pregnancy?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“The pregnancy was a surprise, so I’m still getting used to it.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “You sound uneasy, what concerns do you have today?”</li> <li>• “What can I do to support you?”</li> </ul> <p>*****</p> <p>Postpartum</p>	<ul style="list-style-type: none"> <li>• “Carrying twins brings more risk of anemia and delivering a LBW infant. I’m here to help you with your nutrition during pregnancy. We can talk about eating well and weight gain when you are ready.”</li> </ul> <p>*****</p> <ul style="list-style-type: none"> <li>• Issues: time, support, BF milk supply, etc.</li> </ul>

**Record Plan or Goal** Mom appeared overwhelmed today. Provided resource referral list. Will re-assess needs next appointment.

<p><b>Unsure</b> →</p> <p>“I’m excited about having twins but am a little nervous?”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “On a scale of 1-10, how nervous are you?”</li> <li>• “What are you most nervous about?”</li> <li>• “How has the rest of the pregnancy been going?”</li> </ul>	<ul style="list-style-type: none"> <li>• For a healthy multifetal pregnancy:                             <ul style="list-style-type: none"> <li>○ See a Dr</li> <li>○ Balanced diet (variety and nutrient need)</li> <li>○ Take prenatal vitamin</li> </ul> </li> <li>• *Normal weight gain 37-54 lb, overweight 31-50 lb, obese 25-42 lb; 50 lb gain for triplets; consistent gain of 1.5 lb/wk in 2<sup>nd</sup> and 3<sup>rd</sup> trimesters</li> </ul>
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**Record Plan or Goal** Mom anxious, but happy. Accepted twin pregnancy handout. Will re-asses next appointment.

<p><b>Ready</b> →</p> <p>“There are several sets of twins in my family. I always wanted twins too.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “That’s exciting news. Tell me how eating has been going for you?”</li> <li>• “How do you feel about your weight gain so far?”</li> </ul>	<ul style="list-style-type: none"> <li>• Focus on mom’s response, such as “You mentioned you have trouble drinking milk. How often do you use cheese, yogurt or cottage cheese?”</li> </ul>
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**Record Plan or Goal** Mom has difficulty tolerating milk. Discussed substitutions. Mom plans to ~~offer~~ try yogurt daily.

**Education Resources**

<http://www.lli.org/NB/NBmultiples.html> Resource- *Breastfeeding Multiples*

<http://www.webmd.com/baby/news/20090528/pregnancy-weight-gain-new-guidelines> Resource- *Pregnancy Weight Gain- Multiples*