



Providence Alaska Medical Center offers classes for families expecting multiples and groups for families with multiples. The classes and groups allow for the unique challenges of nursing and having multiples and also provides support for these families. If you live outside of Anchorage, do you know of any classes or groups for families with multiples?

BREASTFEEDING MULTIPLES

Helping mothers succeed.

Women expecting multiples report a desire to breastfeed at rates as great or greater than those having a single baby. Unfortunately, many of these women may not receive good support and many people may believe they cannot do it. Actually, many, and perhaps most, mothers can exclusively breastfeed twins or more whether their breasts are small or large. The issue is often more one of enough hours in the day for cue-based feedings than the body's ability to produce enough. And there may be a bit more of a learning curve when breastfeeding two or more newborns, especially if they are preterm or small for gestational age but, once working as a breastfeeding team, nothing could be easier, more convenient or more restful. A mother can be successful at breastfeeding multiples if she:

- Prepares to begin breastfeeding under a variety of circumstances – preterm or full-term birth; vaginal, cesarean or a combination of delivery methods; supportive or unsupportive partner, family or friends; etc.
- Develops a birth plan designed to help breastfeeding (or milk expression) that includes skin-to-skin contact at birth if babies are late preterm or term, and with less mature preterm infants as soon as possible. (Skin-to-skin contact is called Kangaroo Care in the NICU. Be a “squeaky wheel” about making it happen!)
- Develops a cheering squad of breastfeeding supportive professionals, family and friends who understand and will reinforce her breastfeeding goals.
- Finds where she can rent a hospital-grade breast pump in case she must express milk for babies that came early or any that is not yet able to breastfeed effectively.
- Expects late preterm/term newborns to cue and begin breastfeeding within the first hour of birth; plans to hand express colostrum within the first hour if one/more babies cannot yet breastfeed. Then Maximize Milk Production with Hands-on Pumping by combining the breast pump with hands-on techniques until all babies breastfeed well.
- Accepts help with household tasks or an older child, which free her to breastfeed and/or express milk for her babies.
- Allows time for a daily routine to develop as she and her babies adjust and get to know one another better.
- Distinguishes breastfeeding issues from issues related to having two (or three or more) the usual number of babies.
- Celebrates what she and her babies accomplish and lets go when babies or breasts force her to take a detour for any amount of time.

Tandem Nursing



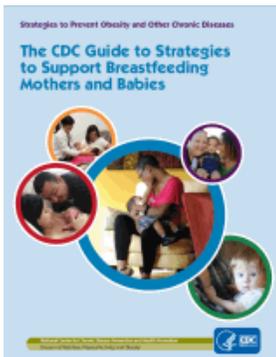
Tandem nursing is an increasingly common practice, but resources for support and information can be hard to find. Tanya Lieberman, IBCLC has put together a list of resources for tandem nursing on the Motherlove website blog. [Click here](#) for a list of the resources to learn more about tandem nursing and to share with mothers you encounter that have questions about tandem nursing or are currently tandem nursing.

Tips for Exclusive Pumping Moms



Do you have mom's that exclusively pump? For different reasons some moms chose to exclusively pump and provide breast milk for their babies. With only pumping it can be difficult to maintain a good milk supply. The Motherlove website blog has gathered some advice from their facebook fans on exclusive pumping. [Click here](#) to check out the tips.

The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies



[Click here](#) to access the guide on the CDC website.

Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies is an update of the 2005 The CDC Guide to Breastfeeding Interventions. It provides state and local community members information to choose the breastfeeding intervention strategy that best meets their needs.

Support for breastfeeding is needed in many different arenas including hospitals and birth centers, worksites, and communities. This Guide builds upon the research evidence demonstrating effective intervention strategies and offers relevant information for each including program examples and resources.

Podcast: Night Nursing



Why did babies evolve to feed at night? What's reverse cycling? Does topping off a baby at night make them sleep longer? What are the best tips for getting sleep when your baby feeds at night?

For this podcast, Tanya spoke with Nancy Mohrbacher, author of many books on breastfeeding, about night nursing. It's a topic covered in her new book, *Breastfeeding Solutions: Quick Tips for the Most Common Nursing Challenges*.

[Click here](#) to access this podcast and others from Mothelove.

facebook

If you are a Breastfeeding Peer Counselor for Alaska WIC and have not been invited to join our Facebook page please contact Danielle Rybicki at drrybicki@uaa.alaska.edu. This group is only for active Peer Counselors.

If you know of anyone that works for WIC and is not getting this newsletter and does not have access to the listserve please have them contact Danielle Rybicki at drrybicki@uaa.alaska.edu.

EDUCATION CORNER

Breastfeeding for More Than One

Answer the following questions about breastfeeding.

1. Most women cannot produce enough milk to nurse more than one baby. TRUE FALSE
2. If a mother continues to nurse a toddler when she is pregnant, she will not have good milk for the newborn baby. TRUE FALSE
3. If you are breastfeeding twins, you must assign one breast to each of the babies so that one baby doesn't get all the "good milk". TRUE FALSE
4. A mother must stop nursing her child when she becomes pregnant again or the baby will not develop well inside of her. TRUE FALSE
5. Mothers of twins should be discouraged from exclusively breastfeeding because it will be too exhausting for her. TRUE FALSE
6. Please list 3 challenges a mother nursing twins might encounter and how she can overcome the challenges.
 - a. _____
 - b. _____
 - c. _____
7. Please list 2 challenges a mother that is tandem nursing might encounter and how she can overcome the challenges.
 - a. _____
 - b. _____
8. Please list your two favorite tips for exclusively pumping moms:
 - a. _____
 - b. _____

Reading this newsletter and completing the education offering for the month is worth one continuing education hour for WIC CPAs. Continuing education hours are tracked at your local agency. [Click here](#) for a form to track your continuing education.