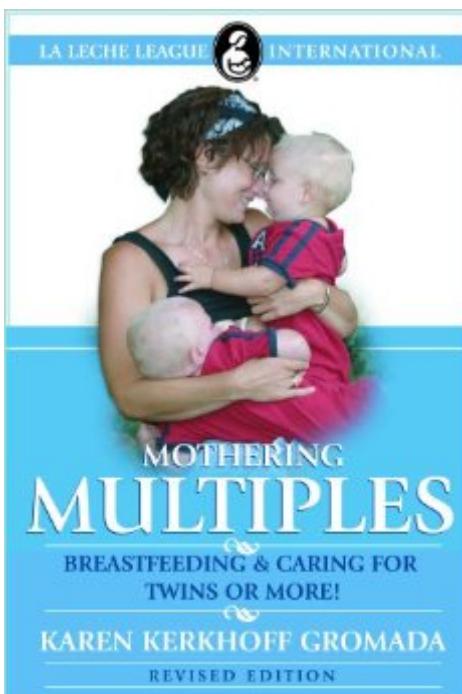


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# Mothering Multiples: Breastfeeding And Caring For Twins Or More! (La Leche League International Book)



## Synopsis

A mother of multiple babies may find herself wondering if she can produce enough milk, how to coordinate feedings, and if breastfeeding is even an option for her. The simple answer: Yes! In the third revised edition of *Mothering Multiples*, author Karen Kerkhoff Gromada offers valuable information with an emphasis on breastfeeding and attachment-style parenting. All aspects of caring for multiple babies are addressed, including possible complications of pregnancy, preparing for a multiple birth, coping with newborns who might need to spend time in a NICU, establishing a milk supply for multiple babies, adjusting as a couple, and caring for toddler multiples.

## Book Information

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## Customer Reviews

I didn't buy this book until my babies were 4 months old, and I was reluctant to buy it because I feel the LaLeche League (the publisher) is very shrill and dogmatic. However, I was having trouble producing enough milk to keep my guys happy, and was about to return to work, and didn't want to give up breastfeeding completely, but really needed advice on how to manage all this. This is the only book I have found that discusses breastfeeding multiples in any detail. She DOES give the LaLeche League party line that ONLY breast is best (which we all know), but she also gives advice for maintaining milk production and including formula in the diet. In addition, she gives many suggestions for breastfeeding two at once, and very complete and useful instructions for when and how to express milk to maximize production. Beyond the breastfeeding discussion, however, she

provides the best, most specific advice for all aspects of caring for twins throughout the first two years that I have seen anyplace. This includes extensive discussions of caring for preemies and low-birth weight babies, managing relations with the twins' siblings, and the psychological affects of taking on the responsibility of caring for twins. She also had many sensible and specific suggestions for making life easier that I wish I had known after I had my first baby (a singleton). Finally, she makes several thought-provoking observations about the psychology of twins and issues involved in raising them which I have not seen anyplace else. I found this book very very helpful, and very reassuring.

This is just the best book. I ordered it three weeks after my twin boys were born and I was beginning to despair that I'd be able to breastfeed them even to three months, much less six months as I'd hoped. As soon as it arrived, I couldn't put it down. Finally! A book that actually discussed how to breastfeed twins. Not just a little paragraph advising patience and talking about the double-clutch hold as if it were some holy grail, but details and encouragement galore. By the second day after the book arrived, my boys and I were already doing better. They're now 3.5 months old and while I don't have quite the support network in place to breastfeed them exclusively, we're actually using less formula than we used to. My goal now is to breastfeed them for their entire first year, and with this book to refer to, I feel confident we'll make it. I echo the comments of another reviewer, that if you're expecting twins - get this book NOW. The best thing you can do is to be prepared. I didn't get nearly the support at the hospital I'd hoped for, as far as breastfeeding my twins goes, and so this book was just invaluable to me. Without this book (and a good breast pump), I doubt I'd still be breastfeeding my boys today.

Buy this book today if you are serious about breastfeeding. Other books are either vague or offer only a short paragraph on breastfeeding. The book is so well written and easy to read. I just finished reading it and made sure to highlight important tips before my twins arrive in Feb. In addition, there are several other chapters besides breastfeeding that are a must read (i.e. labor, caring for newborns, twin or multiple toddlers). I won't even let anyone borrow this book as I refer to it so often!!

I'm not a big fan of La Leche League (the publisher), but breastfeeding my twins has been a wonderful experience for me and I couldn't have done it without this book. The number one thing I took from it was that I needed to be prepared and learn all I could BEFORE the babies got here.

Because of this book, I contacted my local lactation counselor and rented a breast pump a week before my boys arrived. Within 12 hours of delivery (by c-section), I was pumping in-between feedings. Before we left the hospital, I had tried tandem nursing a few times. Now my boys are 10 months old and are nursing champs. The first three months were the hardest, but this book was such a valuable resource and encouraged me to keep at it. I'm SO glad I did.

I already had a 4 year old and a 2 year old when my twins were born 3 months ago. I felt like a pro when it came to breastfeeding my singletons! However, I was scared & frustrated by the lack of sufficient info to help me prepare for the pregnancy & raising of my twins. Every single "Twin Resource" I picked up in the bookstore was worthless to me. I was searching an elusive prize: The Perfect Book to guide me through the unexpected. Having successfully breastfed my older children, I was determined to do my best with the twins. And trust me, there were PLENTY of well meaning know-it-alls trying to discourage me from even trying. I'm here to tell you that it is definitely possible & doable...if you are determined. I had well intentioned family members helping me out in the early days of coming home from the hospital. I felt a lot of pressure to supplement with formula. And I felt very sabotaged at times when my babies were fed those evil sample bottles from the hospital behind my back! In my struggle to do the best that I could for my children, I consulted my copy of *Mothering Multiples*, I saw a lactation consultant religiously, I rented the hospital grade pump to help get my supply up, and I nursed those babies day and night (and day and night)! This book was crucial to me when I needed "back-up" for my case when I felt the need to tell those breastfeeding naysayers to back off. This book and the EZ 2 Nurse pillow are the two items I recommend to women expecting multiples! Best of luck to you & your babies!

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