

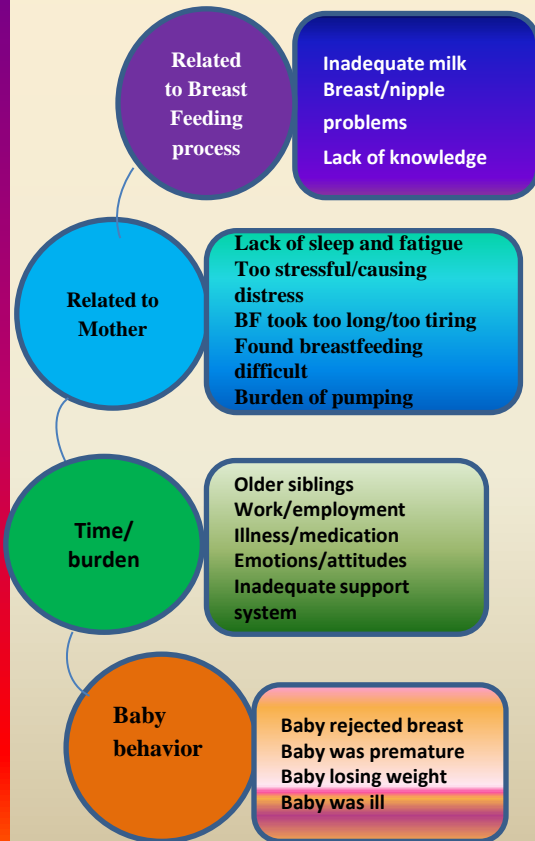


# Title: Feeding For Two: Going Dry Without Breast Milk.

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**Introduction:** Exclusive breast feeding for 4 to 6 months are advised universally for all infants. The support for breast feeding of multiple birth children is reasonably important due to premature weaning.

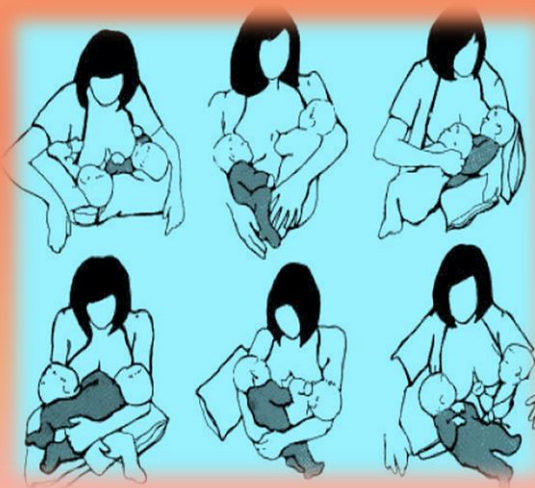
**Reason for stopping breastfeeding in mothers of twins.**



## Solution to the problem

- Good antenatal education including breast feeding techniques
- Availability of breast feeding support resources
- Improve nutrition of mothers- include galactogogues
- Promote psychological wellbeing – yoga & meditation
- Preterm and low birth baby routine to be trained mothers
- Expressed breast milk
- Human milk banking
- Availability of support system.

## Breastfeeding twins positions



## Breastmilk Storage Guidelines

Where	Temperature	Time
At room temperature	66–78°F (19–26°C)	4 hours (ideal) up to 6 hours (acceptable)*
In a Refrigerator	<39°F (<4°C)	72 hours (ideal) up to 8 days (acceptable)**
In a Freezer	0°F to -4 (-18 to -20°C)	3 months (ideal) up to 12 months (acceptable)

\* The preference is to refrigerate or chill milk right after it is expressed.

\*\* Eight days is acceptable, ideally collected in a very clean, careful way.

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## BREAST MILK BANK

**Mother  
to mouth  
Every drop  
counts.**

References: [www.multiplebirths.org.uk](http://www.multiplebirths.org.uk)

Cinar, N. D., Alvir, T. M., Kose, D., & Nemut, T. (2013). Breastfeeding twins: A qualitative study. *Journal of health, population, and nutrition*, 31(4), 504.