

Breastfeeding Twins, a mother's breastfeeding story...

When my husband and I found out we expecting twins we knew our journey would be filled with many unexpected joys and firsts. Giving our babies the best start in life was important to us. As a mother of three already, I knew how important nutrition is for health and development.

I never breastfed prior to the twins, but I did plenty of research on the benefits of breastfeeding. I decided no matter how little breastmilk they received every once might make the difference between healthy happy babies verses not.

On December 26, via c-section, our twin girls entered our world. One twin was separated from me in the NICU. So from day one I tried nursing and kept pumping. Then, at four weeks, after talking with a Lactation Consultants and meeting with a Breastfeeding Peer Counselor, was had a successful latch!

The most challenging part for me was keeping up the supply need for twins. In the beginning, I had to supplement a few ounces daily, the every other day, now never.

I found many ways to increase my supply, even for twins. I learned that breast milk changes to meet your babies needs. I exclusively nurse one twin and pump for the other. It can be time consuming no doubt, but the outcome is worth every minute. Our

twins are happy and growing beautifully, never having colds, ear infections or stomach problems.

It is so gratifying to knowing I am able to give them their first and most important gift in life. Breast milk be it from nursing or pumping is 100% complete nutrition. I encouraged all mothers to try, even if in the past your were unsuccessful, as I was. There are so many resources available and options I never knew.

The best advice I was given was from my peer counselor "Keep trying a little everyday". Surround yourself with support, Be it your husband (who is my biggest support), a lactation Consultant, peer counselor or other mothers.

Enjoy your little nurslings for the time is so short in their lives, and when you look back, you'll know you gave them the very best. Never think of breastfeeding as a "sacrifice" your willing to make, but rather a gift only you can give^ How amazing is that!

^Lacey