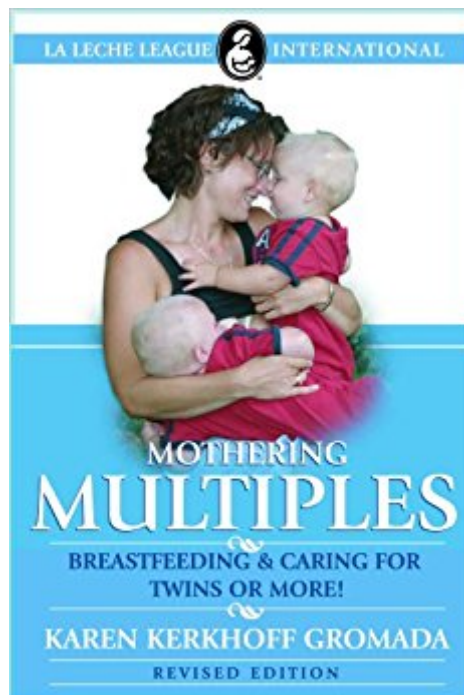




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Mothering Multiples: Breastfeeding And Caring For Twins Or More! (La Leche League International Book)



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

Series: La Leche League International Book

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Average Customer Review: 4.2 out of 5 stars 84 customer reviews

Best Sellers Rank: #62,267 in Books (See Top 100 in Books) #5 in Books > Parenting & Relationships > Family Relationships > Twins & Multiples #35 in Books > Parenting & Relationships > Family Relationships > Siblings #143 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth

Customer Reviews

Karen Kerkoff Gromada has worked with thousands of mothers of multiples as a La Leche League Leader for more than 30 years and is a registered nurse and lactation consultant. A popular speaker on the topic of multiples, she has been published in the *Journal of Human Lactation* and various nursing journals. She co-authored *Keys to Parenting Multiples* for Barrons Educational Series and was a pioneer columnist for *TWINS* magazine.

Even though I'm halfway through; this book is surprisingly reassuring in a sense and empowers the mother -especially those who want to breastfeed- in a gentle way that I get encouraged to read every time I grab it. The packaging was rather good, the book was in real good condition that I

forgot I bought a used one. Overall it's a great experience. And hopefully it'll help me out once I get my twins.

Unfortunately, out dated. Didn't help me much with my twins.

I bought this book when I was in my 3rd trimester with twins and I read it front to back, and then again referenced it when my twins were born. Cannot say enough about this book! Every topic is addressed in regards to the WHY, HOW, WHEN, etc. of breastfeeding twins. Great specifics on:--Different positions to put your twins when nursing--Pumping schedules if you are exclusively pumping--Great pumping advice in general--NICU babies (very common w/ twins) and how to deal with breastfeeding and NICU babies--Nursing tips for latching, and other various nursing advice All I can say is this: if you are even slightly interested in breastfeeding your twins, READ THIS BOOK! Preferably while you are pregnant so you have time to inform yourself and make good decisions when your babies come. I only recommend two books for my friends who have twins: this book and "When You're Expecting Twins, Triplets" by Dr. Luke.

Great book with great tips, haven't finished it yet but it has been very interesting to read it so far especially with the idea of breastfeeding my soon to be born twins.

A must for triplets! Has a lot of useful information you will go back to referencing time and time again!

I am a therapist and a mother expecting twins. I have had to wade through the books focused on making moms life easier to find one that is about what is best for the babies. This was the book. It does give recommendations of managing the trials of mothering multiples, but keeps the priorities straight. Early life and bonding/attachment set the stage for the rest of an individual's life. With that said, it's nice to find a book that helps mom's of multiples give their little one's a wonderful, loving start. I know this will be a go-to reference for me over the next couple of years with my twins!

I think this is a must read for all mothers of twins. I wish I would have had it before my twins were born. However, I did get it a month after they were born. It helped me so much in knowing how to position them and for the confidence needed to continue nursing my babies. My twin boys are almost 6 months old and we are still 100% breastfeeding. My boys were preemies and there is a

great information and support in this book for that as well.

There is a specific group of moms that I, a lactation consultant and doula, will recommend this book to: Moms who plan on gently parenting and breastfeeding. This is not a book for scheduling, sleep training moms! The advice given is well thought out, and can help a great deal in realistic planning for your multiple baby experience!

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