

National  
Organization of  
Mothers  
Of  
Twins  
Clubs, Inc.

SUBJECT: **BOTTLEFEEDING/BREASTFEEDING**  
**MULTIPLES**  
Peggy Toman, SSN, IBCLC

RESEARCHER:  
DATE: 1988

**PURPOSE:** The purpose of her study was to determine why mothers of multiples did or did not breastfeed, the factors that influence the decision to breast or bottlefeed and the problems encountered when breastfeeding multiples. She was also interested in the length of the breastfeeding experience and the factors influencing that experience.

**METHOD:** Mothers of multiples from Illinois, Wisconsin and Iowa answered the survey developed by the author.

### RESULTS:

Result: 83% breastfed - 17% bottlefed

Comparison: Breastfeeding Group

1. Slightly older
2. More education beyond high school
3. Had a higher average of income

Total Group

1. 50% delivered vaginally
2. 40% delivered cesarean
3. 5% delivered both ways
4. Length of pregnancy the same in either group
5. Number of older siblings the same in either group

**Statistics:**

1. 60% chose to breastfeed mainly during pregnancy
2. Those who chose to bottle feed mainly did so at the time of delivery

**Reasons:** Reasons for not planning to breastfeed from the beginning:

1. Too inconvenient
2. Too much concern with diet
3. Uncomfortably large
4. To get extra help

Reasons for not choosing to breastfeed at delivery:

1. Planned to nurse singleton, not twins
2. To get help with feedings
3. To get more rest
4. Feeling too nervous
5. Too much time involved

- Factors: Five factors influencing decision to breastfeed twins:
1. Not to treat differently just because there were two
  2. Good for babies
  3. Convenience
  4. Bonding attachment
  5. Less expensive

Source: The most common source of twin breastfeeding information came from:

- |                                 |     |
|---------------------------------|-----|
| 1. Books                        | 60% |
| 2. Mothers of Multiples         | 26% |
| 3. Breastfeeding support groups | 21% |
| 4. No source                    | 15% |

- Facts:
1. 62% nursed twins separately
  2. Football hold was most popular for those who nursed together
  3. 72% fed babies on demand
  4. 37% did wake the second baby at night
  5. Average age weaned was 11 months
  6. Supplemented group was weaned 5 months earlier
  7. A significant number experienced opposition to breastfeeding twins (58%) in comparison to opposition to breastfeeding singleton (20%)

- Problems:
1. Physical stress
  2. Maintaining milk supply
  3. Time
  4. Emotional stress
  5. Poor sucking of a premature baby

Information Helpful to Know:

1. Importance of rest/relaxation
2. Putting children first
3. Working together with husband
4. Learning to ask for help
5. How to freeze, pump, store breast milk

\*\*\*\*\*

CONCLUSION: Twin breastfeeding rate is increasing.

\*\*\*\*\*