

Description

Book Review: Breastfeeding Twins and Triplets: A Guide for Professionals and Parents by Kathryn Stagg

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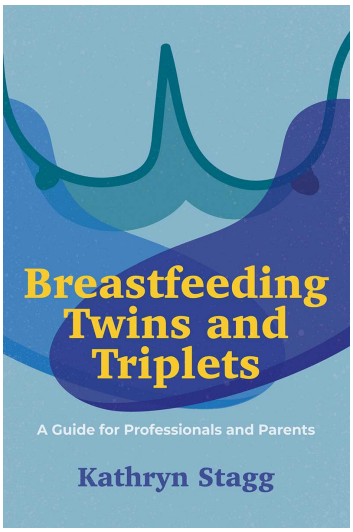

This is a book aimed specifically at supporting families of multiples wishing to breastfeed their infants. The book covers all aspects of the breastfeeding parent's journey, beginning with diagnosis of multiple birth and pregnancy, establishing breastfeeding, through to introducing solids, returning to work and weaning.

It addresses general issues associated with breastfeeding, as well as more specific problems associated with multiples,

including tandem feeding and prematurity, with advice tailored to different gestations. The author also provides helpful tips for partners on how best to support the breastfeeding parent to facilitate breastfeeding and offers support in managing further challenges of being a new parent to multiples, including lack of sleep, older siblings and mental health, and the possible impact these factors may have on a parent's breastfeeding experience.

The book provides a wealth of advice to parents, supported by cited sources and anecdotal evidence gathered by the author through her roles as an IBCLC, her charity Breastfeeding Twins and Triplets UK and personal experiences as a parent of multiples.

It also contains personal stories written by parents of multiples, and each chapter is summarised with a list of 'top tips for parents', repeatedly evidencing that breastfeeding multiple babies is absolutely a viable feeding option.

As midwives, understanding the practicalities of breastfeeding multiples will help provide support to those families in our care wishing to breastfeed to achieve their goals. This makes Breastfeeding Twins and Triplets a useful resource, particularly for those working with women antenatally.

However the book is predominantly aimed at parents, and therefore it may be useful for professionals to be able to signpost families to this book during conversations about infant feeding.

As a mother of multiples myself, this book would have been invaluable! **TPM**

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