

CHAPTER 13—QUERIES OF MOTHERS OF TWINS

Will quantity of milk be enough for two?

Many twins have been reared on breast milk only in the first few months of life. In fact, even triplets & quadruplets can be nursed on breast milk alone. Therefore, mother of twin should not be worried about quantity of milk. She should not give one child breast milk & the other bottle-feeding.

Will the mother become weak by feeding two kids?

When mother produces twice the usual quantity of milk she should increase her food intake. However, she need not become over conscious about it. Merely eating according to her hunger, 3 to 4 times a day is enough. Similarly, raise amount of liquids also.

Should the babies be fed at the same time or separately?

This is a matter of personal choice of mother. Allow her to decide. Usually feeding both the children at a time saves time & prevents one child from crying out of hunger. Feeding both children at the same time is a bit difficult but can be managed as shown in the diagram.

