



Breastfeeding

The Medical Birth Survey asks several questions about breastfeeding multiples.

- ♥ 73.3% of mothers planned to breastfeed or provide breast milk
- ♥ 69.6% actually did provide breast milk for some period of time

Breast Milk Feeding Method	Average Time	Range
Breastfeeding	14.5 weeks	1 to 120 weeks
Pumped breast milk	12.5 weeks	.5 to 112 weeks
Breastfed and pumped	13.5 weeks	.5 to 120 weeks

Type of Multiples	Percent who provided some breast milk	Average time some breast milk provided	Average days in the NICU	Average days in hospital prior to discharge
Twins	69.2%	14.0 weeks	4	9 days
Triplets	68.9%	13.6 weeks	20	24 days
Quadruplets	72.6%	13.4 weeks	34	40 days
Quintuplets	76.7%	13.5 weeks	44	53 days
Sextuplets	85.7%	11.1 weeks	59	67 days

Observation and Recommendation:

In order to help mothers of multiples have a positive breastfeeding experience and successfully continue to supply breast milk beyond the minimal 3 month recommendation, Raising Multiples recommends that hospitals offer opportunities to breastfeed and transitional nursing experience prior to the infants' discharge from the hospital. Additional support resources for new mothers might include lactation consultants well versed in premature infant and higher-order multiple birth (HOM) parenting, as well as referrals to support networks and other parents of premature or multiple birth infants.