Breastfeeding multiples

Yes, you can breastfeed multiples!

If your babies are healthy, you can start breastfeeding them one at a time. This helps each baby learn to latch on. Later you can feed two at once. Have someone help you by holding one baby while you get settled with the other. With practice, you can manage both by yourself.

Double clutch hold

The double clutch hold uses the clutch (football) hold for each baby. This means you’ve got one baby tucked under each arm, like a football player carries a football. The baby in your right arm feeds from your right breast. The baby in your left arm feeds from your left breast.

Support each baby’s back and head with your forearm and hand. You may want to use pillows to help support your babies.

Cradle and clutch hold

This is a combination of the cradle hold and clutch hold. Cradle one baby in one arm, with his head at your elbow and your forearm and hand supporting his back and bottom. Hold the other baby in the clutch (football) hold.

Support each baby with your arms and hands. You may want to use pillows to help support your babies.