



Australian
Breastfeeding
Association



Your guide for breastfeeding twins, triplets or more

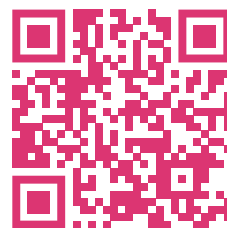
Breastfeeding Preparation Session

What's covered

- Getting started - including positioning and attaching more than one baby
- Steps for a comfortable feed
- Expressing breastmilk
- How to tell when your babies are hungry
- Signs that your babies are getting enough milk
- What's normal for newborn feeding and common baby behaviours
- Where to go for help and support

Breastfeeding Preparation Sessions are an important part of your family's pre-birth plan.

Learn and practice how breastfeeding works at one of our interactive 1.5-hour webinars for mums expecting multiples. The session covers the essentials of breastfeeding 2, 3 or more babies and will give you the opportunity to ask a mum of multiples anything you want to know in the Q&A segment.



Book now!

aba.asn.au/education