

Breastfeeding twins, triplets or more!



Australian Breastfeeding Association



Congratulations on expecting multiples!

We are here to help prepare you for the arrival of your babies and to breastfeed with confidence.



Buy now



aba.asn.au/booklet-multiples

Booklet: *Breastfeeding twins, triplets and more*

Read our booklet based on the latest research and the experiences of mums who have breastfed more than one baby of the same age.

Article: *Breastfeeding twins, triplets or more*

Access our free article for information on preparing to breastfeed multiples. It includes tips on getting breastfeeding started and a guide for tandem feeding holds.

Read now



aba.asn.au/twins

Multiples Breastfeeding Preparation Session

Join our live interactive webinar made especially for mums expecting multiples. Learn the essentials of breastfeeding two, three or more babies, and ask a mum of multiples anything you want to know in the Q&A segment.

- Establishing and building your supply
- Learning to breastfeed – including holding and attaching more than one baby
- Expressing breastmilk
- How to tell when your babies are ready for a feed
- The early days and breastfeeding first aid

Get access



aba.asn.au/access

ABA Virtual Village is just a click away

Access a world of online breastfeeding and parenting support and resources to empower your journey. Connect from the office, the hospital or the comfort of home.

Experience convenience and connection with live online sessions, personalised app notifications, local meet-ups, exclusive discounts and access to member-only resources.

Pregnancy



Virtual Village

Book now



aba.asn.au/bps-multiples



1800mum2mum
Breastfeeding Helpline 1800 686 268



LiveChat

Breastfeeding info with ABA

aba.asn.au/chat



Connect with local mums

aba.asn.au/connect

The National Breastfeeding Helpline is supported by funding from the Australian Government.

RTO: 21659

Book now for our Multiples Breastfeeding Preparation Session

aba.asn.au/bps-multiples