



Mothering Multiples: Breastfeeding and Caring for Twins or More! (La Leche League International Book)

Karen Kerkhoff Gromada

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A mother of multiple babies may find herself wondering if she can produce enough milk, how to coordinate feedings, and if breastfeeding is even an option for her. The simple answer: Yes! In the third revised edition of *Mothering Multiples*, author Karen Kerkhoff Gromada offers valuable information with an emphasis on breastfeeding and attachment-style parenting. All aspects of caring for multiple babies are addressed, including possible complications of pregnancy, preparing for a multiple birth, coping with newborns who might need to spend time in a NICU, establishing a milk supply for multiple babies, adjusting as a couple, and caring for toddler multiples.

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Katherine Hood:

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