



WABA | WORLD BREASTFEEDING WEEK 2020

Having twins isn't a one-way Ticket to Formula



DOUBLE FOOTBALL
POSITION



CRISS-CROSS / DOUBLE CRADLE



PARALLEL POSITION



FOOTBALL AND CRADLE
POSITION

Tips from a Mom

Increase your breastmilk
supply by :-

- Maximize skin-to-skin contact
- Be kind to yourself
- Eat and Drink on behalf of your babies
- Empty your breasts
- Get the right pump and don't pump for too long
- Hand Express

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