



Title: Feeding For Two: Going Dry Without Breast Milk.

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Introduction : Exclusive breast feeding for 4 to 6 months are advised universally for all infants. The support for breast feeding of multiple birth children is reasonably important due to premature weaning. The reasons for the early weaning include decreased milk supply due to physiological reason, time taken for feeding, problematic baby behaviors like poor suckling reflex, altered sleep – wake pattern of mothers causing stress.

Aim: Author's aim is to identify and analyze the hitches while feeding twins.

Concepts: Perspective of a mother:- Anxiety of the mothers with low breast milk, lack of knowledge about the complimentary feeds like formulae feed , lack of knowledge about the feeding techniques of preterm babies, lack of knowledge regarding the susceptibility of infections in newborns taking formulae feeds, work- life imbalance, inadequate support system for the parents. All the above mentioned factors can contribute to stress which will be a major cause for hindering the breast milk supply altering the body physiology.

Perspective of newborn:- High demand for milk, poor sucking reflex, dehydration due to less milk consumption and hypoglycemia, predisposition for infection due to the low immunity.

Solution to the problem: 1) Good antenatal education including breast feeding techniques 2) Availability of breast feeding support resources 3) Improve nutrition of mothers- include galactogogues 4) Promote psychological wellbeing – yoga & meditation 5) preterm and low birth baby routine to be trained mothers 6) expressed breast milk and 7) human milk banking and adequate support system for parents.

Biography

Ms. Deepa has completed her Master's in Child health nursing from Rajiv Gandhi University and B.Sc.(Honors) nursing from All India Institute of Medical Sciences. Working as a lecturer in Maternal and Child health department, Sultan Qaboos University, College of nursing, Muscat. Has published 4 papers in reputed journals. Ms. Lina Shakman and Zeinab Al Azri are recently working as a lecturers with an MSN degree in Maternal and Child health department, Sultan Qaboos University, College of nursing, Muscat.