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. 

Reason for stopping breastfeeding in mothers of twins.

Solution to the problem

- Good antenatal education including breast feeding techniques
- Availability of breast feeding support resources
- Improve nutrition of mothers- include galactogogues
- Promote psychological wellbeing – yoga & meditation
- Preterm and low birth baby routine to be trained mothers
- Expressed breast milk
- Human milk banking
- Availability of support system.

Breastfeeding twins positions

Breast milk bank

References: www.multiplebirths.org.uk