

ADVANTAGES/DISADVANTAGES OF FEEDING METHODS FOR MULTIPLES

For: BABIES MOTHER/FAMILY

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| <p>Direct Breastfeeding (BF)</p> <p>ADVANTAGES</p> <p>Examples (not meant to be all-inclusive)</p> | <ol style="list-style-type: none"> 1. Immunological—antibodies, bacteriostatic & anti-inflammatory disease-fighting properties, immune system modulators = babies less likely to be sick/less passing of illness; stronger immune system 2. Optimal nutrition <ol style="list-style-type: none"> a) Nutrient balance promotes optimal human growth and development b) Bio-available nutrients = easiest for baby to digest and use for body functions 3. Frequent close contact with mother 4. Hypoallergic - less atopic (allergic) dermatitis 5. Stools—loose, easier to pass 6. Exposure to wider variety of tastes 7. Less risk of childhood obesity | <ol style="list-style-type: none"> 1. Close contact with each baby 2. Forces mother to sit/take breaks 3. Cue (demand) feeding helps mother get to know each multiple as an individual 4. Low cost, including less likelihood of "sick" baby visits for pediatric care 5. Saves time (after initial learning period) — no preparation or clean-up 6. Increased, optimal use of maternal calories 7. Delay of menses 8. Decreased incidence of maternal premenopausal breast and ovarian cancers 9. Less maternal cardiovascular conditions, such as metabolic syndrome and heart attack at mid-life and beyond 10. Doesn't stain infant clothing 11. Less odor for infant stools |
| <p>DISADVANTAGES</p> | <p>None known, unless mother is HIV positive*, currently abusing "street" drugs or on any of a few types of medication</p> <p> </p> <p>*Research indicates exclusive breastfeeding has been associated with lowest rates of HIV transmission.</p> | <ol style="list-style-type: none"> 1. Investment of maternal time for frequent feedings 2. Potential discomfort if any infant does not latch or suckle properly 3. Initially, may include cost of breastfeeding-related equipment, e.g. breast pump rental & pump collection kit |

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| <p>Human-Milk-Feeding <u>ADVANTAGES</u></p> | <p>1. Optimal nutrition (see BF) 2. Immunologic factors (See BF) 3. Stools—as per direct BF 4. Exposes infants to wider tastes 5. May help satisfy one multiple when mother unable to feed two or more at once 6. May help transition to direct breastfeeding when one or more multiples has initial difficulty with latch-on or suckling</p> | <p>1. Can have help with feedings 2. May be easier to leave house without one/more babies</p> |
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| <p><u>DISADVANTAGES</u></p> | <p>1. Less close, frequent contact with mother if others feed; fewer feedings 2. Cooling and reheating have an effect on some properties of human milk 3. Milk may not adapt as well or quickly to changing conditions 4. Less able to regulate amount taken in during any feeding – effect on childhood obesity is unknown 5. Related infant-feeding devices may hinder transition to direct breastfeeding</p> | <p>1. Cost of breastfeeding-related equipment, e.g. rental breast pump & collection kit, infant-feeding devices or feeding-bottles 2. Less close, frequent contact with each baby 3. Investment of time for adequate pumping sessions to establish and maintain milk production</p> |

