



A special mini-program for Expectant Moms of Multiples
"Breastfeeding Multiples Resources"



FWMOM Dial A MOM Resources

Martha Anderson 817-831-0405

Jimmie Wiley 817-596-9873

Analisa Roche 817-560-4730

Pumping & Bottle Feeding Dial A MOM

Stacey Frantz 817-232-7805

La Leche League

1-877-452-5324 (877-4-LA-LECHE), a 24 hour toll free helpline providing information, education, and support for women who want to breastfeed.

www.breastfeedinghelpline.com

Texas Health Harris Methodist Fort Worth Hospital Breastfeeding Resource Center & Boutique in the Richardson Tower, 1301 Pennsylvania Avenue, Fort Worth 817-250-2229 is staffed by board certified lactation consultants. They can answer questions over the phone or you can make an appointment for "hands on" guidance. Check with your insurance provider – some will pay for the service. Also available at Harris Southwest.

Online Resources – all have great articles with photos & diagrams to help

www.askdrsears.com

www.breastfeeding.com see diagrams of breastfeeding positions for twins

www.Kellymom.com

www.babycenter.com

www.kidshealth.com

Recommended equipment

Breastpump

Breastpads (disposable & washable)

Lanolin cream (purelan, lanisol)

EZ2Nurse Twin breastfeeding pillow (online @ doubleblessings.com)

Storage bags or bottles

Signs for hospital bassinet "Breastfed babies, please NO bottles"