

# Support Families of Multiples



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The book "When you are expecting Twins, Triplets, or Quads" highlights a few important questions that I will list for you:

- ✚ How many expectant mothers of multiples have you cared for in the last year? How many over the course of your career?
- ✚ Did you have any special nutritional recommendations for women pregnant with multiples?
- ✚ Does the hospital with which you are affiliated provide care for babies born earlier than 34 weeks' gestation?
- ✚ Do you routinely consult with a maternal fetal medicine specialist prior to the development of any pregnancy problems?
- ✚ If a pregnancy does become complicated, whom do you consult at the point?
- ✚ Do you differentiate between monochorionic and dichorionic twins? And do you manage them differently?

## Giving Birth to Twins

Having a baby is a monumental task. It's exciting and overwhelming all at once. New moms and even experienced mothers sometimes suffer from anxiety, nervousness, and all those fear-based emotions we don't want to name right now. With love, patience, and support from family and friends having a baby will be rewarding and at some point, you will consider an unheard-of thing like doing it all over again. So, imagine having two babies at one time. I've always considered mothers that have twins are in a special group.

## Recommendations

The first recommendation is to let go of all expectations. Enjoy surprises as they come. If things don't go as planned, try not to overreact and become depressed. A lot of parents visualize having a natural birth. Studies show that mothers giving birth to twins or more end up having a C-section more than a mother having a single baby. Relax, it's not the end of the world. The goal is to get you and the babies here safe and sound.

To grow and nourish an entire human inside of you is phenomenal, to grow two or more is wonder woman status. "If you're having a cesarean (C-section) for twins or more, it will proceed like any C-section, with a few differences. For one thing, more medical personnel will be in the room. As usual, there will be two obstetricians, an anesthesiologist, and two nurses to tend to you during the surgery, but there will also be a pediatrician and a nurse for each baby". (If you were having triplets, for example, that would add up to 11 medical professionals.) ~Baby Center Giving Birth to Multiples December 2016

I would also recommend seeing a midwife. In my research I found that OBs suggest having a C-section over natural birthing method even before any issues present itself in the pregnancy, but the bottom line is to get the best medical care for expectant mothers of multiples. Research a few midwives and doctors who have experience in successfully delivering multiples. These doctors and midwives can detect possible issues you may have early in the pregnancy, if any.

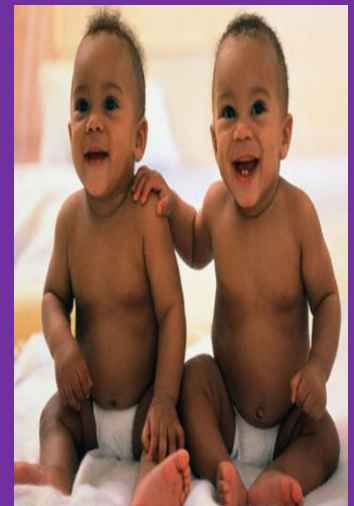


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## Dietary Needs

Learning what to eat is another very important step to take during your pregnancy of multiples. If you had been pregnant before with a single baby, your eating habits will be very different having multiples. Your main goal should be to maintain a normal blood glucose level through an appropriate diet. The diabetic diet is one of the best diets to maintain healthy. A few suggestions when expecting twins concerning your diet.

These tips are also taken from the book "When you are expecting Twins, Triplets, or Quads".

- Eat often; At least 3 meals a day with a few snacks in between.
- Eat at least every 3 - 4 hours if you are expecting twins; Eat every 2 - 3 hours if you are expecting triplets, quads, or if you were underweighting before pregnancy.

- Eat lean proteins, especially those rich in iron (such as lean red meats), as well as fish, poultry, dairy, and or nuts for plant-based moms.
- Eat healthy fats such as mono- and polyunsaturated fat (found in olive oil, avocado, nuts, & seeds) and omega-3 fatty acids (found especially in fish). Limit saturated fats and high-fat dairy. Avoid all sources of trans fat.
- Eat carbohydrate-rich foods that are unrefined or minimally processed whenever possible. Focus of fresh fruit and vegetables, legumes, and whole grains, which are nutritious and high in fiber: avoid refined carbohydrate (cookies, pastries, & white bread) and starch foods.
- Eat protein and carbohydrates together in every snack and every meal.
- Eat a bedtime snack that includes dairy.

## Dietary Needs Cont'd...

In 2019 there's a lot of more health-conscious people who subscribe to the plant-based, vegan, vegetarian, pescatarian, and keto diets. If you subscribe to any of these lifestyles, my suggestion is to do as much research as possible before conception or very early in your pregnancy. Look into meeting with a nutritionist to find out how much more you must eat and supplement to maintain a healthy pregnancy when you are expecting twins or more. Join social media chats with other moms that are vegan, pregnant, and twinning. Look into possible dangers that can be associated with these diets and investigate the benefits. Then weigh your pros and cons and decide from there.

Things to consider now that you have delivered your baby. Give yourself an entire year to recover from having your babies. Be gentle with yourself, be patient with yourself. Enjoy your new life with your new babies, and continue with your same healthy habits you had while you were pregnant. Exercise regularly and talk to your doctor to see what exercises are restricted and for how long. Don't stress over getting your old body back, but rather focus on circulating your system so you won't be sluggish and that you are eliminating regularly. Lastly, hire a doula to help you meet your nutritional goals, keep your house tidy, and get adequate rest. For virtual postpartum doula services and health consultations, please contact us at [COCOAFRESH.COM](http://COCOAFRESH.COM)



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