

## Breastfeeding Positions for Multiple Babies



### Cradle Hold for Multiples

The cradle hold is a great way to hold newborn twins who are nursing well. It can also be a great position to start with one baby and then add the next as you're learning to nurse.



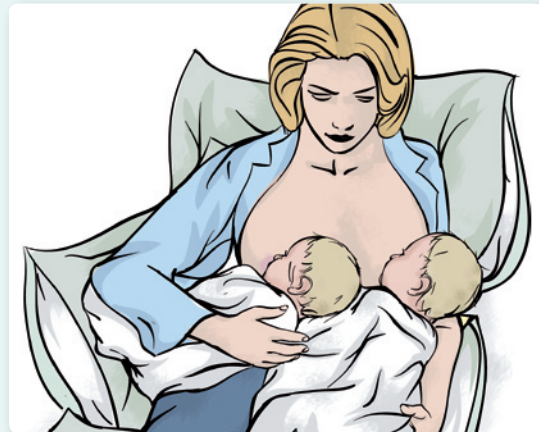
### Cross-Cradle Hold for Multiples

The cross cradle is helpful when you're needed to give your baby's head better support. It is also a good position to start with one baby and then add another baby when nursing two.



### Football Hold for Multiples

The football hold is perfect when learning to nurse twins, particularly after a cesarean birth. You can look down and see both babies, particularly their latch, and there is little pressure on your incision.



### Semirecumbent Hold for Multiples

Semirecumbent is a great position to try to get some rest while you nurse. It can also be a good way to reinforce skin-to-skin contact for your babies.