

Twins or More!



Follow these tips for
baby's Healthy Start

Having more than one baby may be scary, but it doesn't have to be. There are some simple [things you can do](#) to keep you and your babies healthy:

- The best thing you can do is take care of yourself. The healthier you are, the healthier your babies will be.
- Woman with a [multiple pregnancy](#) might be scheduled for more frequent appointments with her obstetrician/gynecologist. [Learn more about multiple pregnancy.](#)

After your babies are born, you may feel overwhelmed and tired. You may wonder how you're going to do it all. This is normal. Most new moms feel this way at one time or another. The first days, weeks, and months are often the most difficult for parents of multiples, as everyone learns to get used to the frequent feedings, lack of sleep, and little personal time involved in [parenting multiples](#). Learn more about [breastfeeding twins](#) and supports you may need.

Here are some things you can do to ease the stress:

- Ask your family and friends for help.
- Rest as often as you can.
- Join a support group for moms with multiples. This is a great place to share your concerns and hear how other moms cope with the demands of raising multiples.
- If you feel sad or depressed for more than 2 weeks, call your doctor.