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Book Review

Mothering Multiples - Breastfeeding and caring for twins or more Third Edition

By Karen Kerkhoff Gromada
La Leche League International, 2007

Reviewed by Lorraine Taylor

This is the third edition of a book which has always offered more options to parents of multiples than many other books. Often parents are given the impression that life with multiples is only possible within rigid routines and structures, but *Mothering Multiples* gives parents the confidence to meet the needs of their babies without being totally confined by routines. There are numerous useful suggestions for life with multiples – how to meet the needs of two or more babies, other siblings and the parents' own needs for adequate rest and sleep.

The chapter on establishing breastfeeding in hospital, and in particular NICU or Special Care units is excellent. Every parent expecting multiples should read this before going to hospital. With the author's obvious desire for successful breastfeeding outcomes, it contains more detail than most other books and also strategies not found elsewhere. Karen Kerkhoff Gromada has a wide variety of expertise and details visualisation and relaxation techniques, which are surprisingly effective and useful for new mothers of multiples.

The author goes on to talk about life after the early months, showing how the unique relationship of twins/multiples can be embraced and also how their individuality can be recognised and facilitated when necessary.

This is an essential book for mothers of twins and multiples, which offers reassurance and gives confidence while supplying essential information. It is great to see it back again, in a third edition, and available for Group Libraries to purchase once more.

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