

Tandem Breastfeeding Instructions



Set up pillows

Place the Back Support Pillow behind your back and fasten buckles to one Nursing Pillow. Secure straps in belt loops and tighten around your waist. Slide the second Nursing Pillow under with the flat sides touching.

Preemie/newborn tip: To minimize rolling, flip the top Nursing Pillow over with the flat side up. To maximize height, stack both Nursing Pillows with curved sides touching (flat sides out).

Expert tip: To quickly and easily fasten the buckles, position the two-way adjustable buckles at the front of the Nursing Pillow.



2. Arrange the babies next to you

Double Clutch Hold: Place one baby on the pillow at your side with baby's tummy touching you and baby's feet behind your back. Place the second baby on the pillow at your other side in the same position. Use your forearms to keep babies safely on the pillow.

Expert tip: If you are right-handed, start with the first baby on your left side. When you add the second baby on your right side, you will naturally have more stability.

3. Latch one baby at a time

Start with the baby that is the easiest to latch. After first baby is securely latched, help the second baby latch to the other breast. This order will give you more time to help the baby that might be struggling to latch.

Preemie/newborn tip: To minimize rolling and maintain latch, place a small rolled up cloth behind baby's head and neck to support babies in the side laying position.

4. Check you and your babies' positions

If you are leaning into your babies, reposition the bottom Nursing Pillow so the top Nursing Pillow angles your babies' toward your breasts. The goal is for you sit upright or slightly reclined in a relaxed position. After repositioning you or your pillow, double check your babies are positioned to have optimal latch.

Expert tip: To minimize rolling and maintain latch, use your forearms and hands to support your babies' backs.



5. Burp babies - single or double

Move one or both babies to a sitting position facing you. Use one hand to support baby upright while the other hand pats baby's back.

Expert tip: If one baby wants to continue feeding while the other is being burped, try repositioning the Nursing Pillows to support both activities. Use your elbows and upper arms in addition to your hands to protect each baby in their different positions.