



BORN TO BE BREASTFED

WITH
MARIE BIANCUZZO RN MS IBCLC



Dreaming of becoming an IBCLC?

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Born to be Breastfed New shows weekly

November 11th 2013: Breastfeeding Twins, Triplets—or More!

If breastfeeding one newborn seems a challenge, think about the mother with two newborns, three newborns—or more! Juggling the babies, positioning them at the breast, pumping to meet their needs, and parenting them in the NICU if they are born preterm all make for an entirely different kind of “breastfeeding dance” than that experienced by the mother of one. What do expectant mothers of multiple babies need to know about breastfeeding their babies? What steps are essential to establishing a strong milk supply in the early days and maintaining it throughout the breastfeeding journey? Join Mari

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Featured Guest

Guest Image

Karen Kerkhoff Gromada

Karen Kerkhoff Gromada, MSN, RN, IBCLC has worked in various perinatal settings, including labor and delivery, early postpartum discharge homecare, and as a private practice and hospital-based lactation consultant. Former leader of a La Leche League group specifically for mothers of multiples, she continues to help mothers facing these particular challenges via private consultation. Karen is the author of “Mothering Multiples: Breastfeeding and Caring for Twins or More” and related articles for professional and parent publications. A past president of the International Lactation Consultant Association, Karen has breastfed each of her five children (including twins). She is online at [-->](#)

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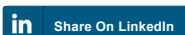
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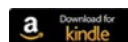
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