

<b>PARTICIPANT TYPE.....PREGNANT, BREASTFEEDING, DELIVERED WOMEN</b>
<b>HIGH RISK.....YES (PREGNANT WOMEN ONLY)</b>

<b>RISK DESCRIPTION:</b>
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More than one fetus in the current pregnancy for pregnant women and in the most recent pregnancy for breastfeeding and delivered women

<b>ASK ABOUT:</b>
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- Pregnant Women:
  - Pre-pregnancy weight status
  - Weight gain status and health care provider’s recommendation
  - Barriers to accessing prenatal care
  
- Breastfeeding Women:
  - Strategies used for establishing and maintaining breastfeeding
  - Current maternal weight and weight loss pattern since delivery
  - Pregnancy complications (for mother and infants) that impact breastfeeding
  
- All Women:
  - Typical eating pattern including meals and snacks
  - Dietary supplements and health care provider’s recommendation
  - Food security status of the household
  - Family and social support with household tasks and responsibilities including caring for other children
  - Access to ongoing health care
  - Any activity restrictions or limitations recommended by her health care provider

<b>NUTRITION COUNSELING/EDUCATION TOPICS:</b>
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- Pregnant Women:
  - Multi-fetal gestations are associated with low birth weight, fetal growth restriction, placental and cord abnormalities, preeclampsia, anemia, shorter gestation, and an increased risk of infant mortality.
  - The risk of pregnancy complications is greater in women carrying twins and increases markedly as the number of fetuses increases.
  - Pregnant women with twins have greater requirements for calories and for all nutrients than women with only one infant.

## NUTRITION COUNSELING/EDUCATION TOPICS (CON'T):

- Review her weight gain pattern and goal. The current provisional guidelines for multi-fetal pregnancies are:
  - Twins:
    - Underweight women — Insufficient evidence to make recommendations
    - Normal weight women — 37 to 54 pounds
    - Overweight women — 31-50 pounds
    - Obese women — 25-42 pounds
    - All women — Gain 1.5 pounds per week during the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters
  - Triplets: All women should gain around 50 pounds with a steady rate of gain of approximately 1.5 pounds per week throughout the pregnancy.
- Review the basics of a healthy pregnancy diet using MyPyramid as a basis and make suggestions for increasing the nutrient and caloric density of the diet as needed.
- Breastfeeding Women:
  - Breastfeeding women with twins have greater caloric requirements and increased needs for all nutrients than women who are breastfeeding one infant.
  - Discuss the principle of breastmilk supply and ways to tell if her babies are getting enough to eat. Reassure her that she can produce enough milk.
  - Review the advantages and disadvantages of breastfeeding two babies at the same time vs. breastfeeding only one baby at a time. Discuss breastfeeding positions for simultaneously breastfeeding two babies.
- Delivered Women:
  - Postpartum not breastfeeding women who delivered more than one infant are also at greater nutritional risk than women delivering only one infant.
- All Postpartum Women (breastfeeding and delivered):
  - Review the basics of a healthy diet using MyPyramid as a basis and make suggestions for increasing the nutrient and caloric density of the diet as needed.
  - Explain that healthy food choices will help her feel better, and reduce fatigue and irritability. Healthy food choices are also important to replenish her nutrient stores.
  - Suggest ways that family and friends can help with household tasks so that she can recover during the early postpartum period and focus her attention on getting breastfeeding established.
  - If she is capable of becoming pregnant again:
    - Explain that her body needs time to replenish its nutrient stores especially since she just had a multi-fetal pregnancy. The current recommendation is to delay the next pregnancy for at least 16 months.
    - Encourage her to consume 400 mcg of folic acid every day from a dietary supplement or a fortified breakfast cereal.

## **POSSIBLE REFERRALS:**

- Breastfeeding Women:
  - If she could benefit from peer support, refer her to the peer counseling program or other community-based breastfeeding support program.
  - If she needs a breast pump, provide access to an electric pump based on WIC policies.
  
- All Women:
  - If the participant does not have an ongoing source of health care, refer to primary care providers in the community or the local public health department.
  - If access to sufficient food is a concern, refer her to other community resources for food assistance.
  - If she has limited or no family support, refer her to relevant community-based social service programs and agencies.
  - If she needs more information about birth control options, refer her to the local family planning program. Remind her to tell the provider if she is breastfeeding so that methods compatible with breastfeeding are recommended.
  - If she experienced a pregnancy loss related to the multi-fetal gestation and could benefit from a support group or other services for grieving families, refer her to an appropriate group or program in the community.
  - If she could benefit from support from other parents with multiples, refer her to community-based programs and resources.