

How Am I Going to Soothe Two Babies at the Same Time?

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CARING FOR ONE UNSETTLED BABY CAN BE TOUGH,
SOOTHING TWO AT ONCE CAN FEEL OVERWHELMING.

Parents experience moments of anxiety when their babies remain fussy even after a full breastfeeding session.

The good news? There are practical strategies that have worked for generations of twin parents. Try out these techniques to discover what soothes your babies, and yourself.

Tried-and-True Ways to Calm Twin Babies

1. Babywearing - Times Two

Use two slings over each shoulder to carry both babies at once. This close contact offers warmth, comfort, and gentle motion that many babies love.

2. Front-and-Back Carriers

Wear one baby on your front and the other on your back using structured carriers. This balances your weight and keeps both babies close and secure.

3. The Power of Rocking

Don't underestimate the classic rocking chair. Rocking creates a familiar rhythm that can calm crying babies and give you a moment to catch your breath.

4. Ask for Help

Have someone nearby who can step in after a feed. A willing helper can soothe one baby while you comfort the other. You don't have to do it alone.

5. Bathtime Bonding

Take a bath with one baby while your partner (or a helper) cares for the other. Then switch. Skin-to-skin contact and warm water can work wonders.

6. Try a Car Ride

Some babies are lulled to sleep by the vibration and sound of a car. A short drive in their car seats may provide the soothing they need.

7. Respect Individual Preferences

Some babies find rocking overstimulating. After feeding, they may need to be laid down in a quiet, calm space to drift off peacefully.

8. Remember: Every Twin is Unique

Even identical twins have different needs. One may crave movement while the other prefers stillness. Learn their cues and trust your instincts

You're Not Alone - Connect With Other Parents

Sometimes, the best tips come from fellow parents. **La Leche League (LLL) meetings** are a great way to hear firsthand what works for others.

Can't get out the door with two babies in tow?
Join a virtual meeting!

Visit lllalliance.org and click on **"Events"** for upcoming gatherings, or select **"Find a Leader or Group"** to locate support in your area.

Who We Are

LLL Leaders are experienced breastfeeding parents trained and accredited by **La Leche League International (LLLI)**. They offer peer-to-peer support, guidance, and encouragement, backed by expert resources and a global network.

With **over 4,000 Leaders in 80+ countries**, support is always within reach, whether online or in person.

At La Leche League, we're here to help you find your confidence, your rhythm, and your success in breastfeeding and parenting your twins.



HAVE BREASTFEEDING QUESTIONS?

SEARCH THE MAP BELOW FOR A LA LECHE LEAGUE ALLIANCE LEADER NEAR YOU

FIND LEADERS AND GROUPS NEAR YOU FOR IN-PERSON CONVERSATIONS.

BABIES AND CHILDREN OF ALL AGES ARE WELCOME TO JOIN THEIR PARENTS AT LLL EVENTS.

VIRTUAL GROUPS OFFER SUPPORT FROM THE COMFORT OF YOUR DEVICE WITH MANY OPTIONS OF DAYS AND TIMES TO GATHER REMOTELY. LLLI ACCREDITED LEADERS ARE AVAILABLE 24/7 FOR ONE-TO-ONE HELP. LEADERS CAN BE AVAILABLE TO TALK, TEXT, OR VIDEO CHAT. LA LECHE LEAGUE NEVER CHARGES FOR HELP AND SUPPORT.

