

Preparing for Multiples The Family Way

Our New 2017 Edition

Throughout the Book

We made changes to the fonts and to the layout, to give the book a fresh look. As we do with each new printing (about every two years), we updated statistics and references. In several places in the book, we promoted the benefits of immediate skin-to-skin contact between mother and babies whenever that is possible.

Bed Rest – Page 20

The updated information on bed rest is based on new recommendations from the October 2016 ACOG (American College of Obstetricians and Gynecologists) Practice Bulletin, *Multifetal Gestations: Twin, Triplet, and Higher Order Multifetal Pregnancies*:

“Thus, bed rest with or without hospitalization in women with multifetal pregnancies is not recommended because of the lack of benefit and the risk of thrombosis and deconditioning associated with prolonged bed rest in pregnancy.”

“Incompetent” Cervix – Page 57 (bottom of page)

We changed the information about cerclage, as both ACOG (in their practice bulletin referenced above) and the physicians who write the OB textbook, *Williams Obstetrics*, no longer recommend this procedure for multiple pregnancies.

Co-bedding – Page 71

Information from a 2015 study published in JOGNN (see next page for reference) and a statement from the American Academy of Pediatrics were used to update this section. Since there is no definitive research regarding the benefits and risks of letting multiples sleep in the same bed, the AAP states “It is prudent to provide separate sleep surfaces and avoid co-bedding for twins and higher-order multiples.”

Sleeping – Page 89

This section includes the latest information from both the American Academy of Pediatrics and the Canadian Paediatric Society on the risks, benefits, and guidelines for safe sleeping. (See references on the next page.)

Feeding Your Multiples – Pages 97 to 109

As in the past, our handbook is fully compliant with Baby-Friendly guidelines. Author, Cindy Carter, who helped a Texas hospital achieve Baby-Friendly status reviewed and updated this section.

Support Groups and Resources– Pages 125 to 126

Books, Videos, and DVDs – Pages 127 to 128

We updated these references with a few additions and updates to contact information.

As usual, we would love to hear from you if you have suggestions for future editions. References and our contact information are on the next page.

References

1. Academy of Breastfeeding Medicine (ABM). (2010). ABM Clinical protocol #8: Human milk storage information for home use for full-term infants. *Breastfeeding Medicine*, 5(3), 127-130.
2. American Academy of Pediatrics. (2016). Policy statement: SIDS and other sleep-related infant deaths: Updated 2016 recommendations for a safe infant sleeping environment. *Pediatrics*, 138(5), 1-12.
3. American College of Obstetricians and Gynecologists (ACOG). (2013). Hypertension in pregnancy. www.acog.org/Resources-And-Publications/Task-Force-and-Work-Group-Reports/Hypertension-in-Pregnancy
4. American College of Obstetricians and Gynecologists (ACOG). (2016). Practice bulletin #169: Multifetal gestations: Twin, triplet, and higher-order multifetal pregnancies. *Obstetrics and Gynecology*, 128(4), e131-e146.
5. Barrett, J.F.R., et al, for the Twin Birth Study Collaborative Group. (2013). A randomized trial of planned cesarean or vaginal delivery for twin pregnancy. *New England Journal of Medicine*, 369(14), 1295-1305
6. Canadian Paediatric Society. (2016). Caring for kids – Safe sleep for babies. www.caringforkids.cps.ca/handouts/safe_sleep_for_babies
7. Castiello, U., et al. Wired to be social: The ontogeny of human interaction. *PLoS One*, 5(100), e13199-e13199. <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0013199>
8. Damato, E.G., Brubaker, J.A. & Burant, C. (2012). Sleeping arrangements in families with twins. *Newborn Infant Nursing Research*, 12(3), 171-178.
9. Dodd, J.M., Deussen, A.R., Givell, R.M. & Crowther, C.A. (2014). Elective birth of women with an uncomplicated twin pregnancy from 37 weeks' gestation. Cochrane. www.cochrane.org/CD003582/PREG_elective-birth-of-women-with-an-uncomplicated-twin-pregnancy-from-37-weeks-gestation
10. Hayward, K. (2003). Cobedding Twins – A natural extension of the socialization process. *MCN*, 28(4), 260-263.
11. Hayward, K.M., et al. (2015). Effect of cobedding twins on coregulation, infant sate, and twin safety. *JOGNN*, 44(2), 193-202.
12. La Leche League. (2014). *The safe sleep seven*. www.llli.org/sweetsleepbook/thesafesleepseven
13. Snopes. (2015). Rescuing hug. Rumor: A struggling newborn improved dramatically after being placed in an incubator with her healthy twin sister. True. www.snopes.com/glurge/healinghug.asp
14. Phillips, R. (2013). The sacred hour: Uninterrupted skin-to-skin contact immediately after birth. *Newborn & Infant Nursing Reviews* article available on Medscape: www.medscape.com/viewarticle/806325

Family Way Publications

www.thefamilyway.com

info@thefamilyway.com

(713) 528-0277