



**FIG 7-12** Simultaneous breastfeeding of twins.

A concern mothers may have is the perceived inconvenience or loss of freedom and independence if they chose to breastfeed. Being committed to feeding the infant every 2 to 3 hours can seem overwhelming, especially to women with multiple responsibilities. Many women resume their careers shortly after their pregnancy and may believe bottle feeding is less work than breastfeeding. The preparation, storage, and heating of formula are important considerations for the family when comparing the effort required for bottle feeding versus breastfeeding. Combining breastfeeding and employment is possible, and many employers now provide space for mothers to pump and store their milk. This is likely an acknowledgement of the demonstrated health benefits of breastfeeding—a breastfed infant is far less likely to have infections of any sort; thus, the infant's mother is far less likely to need time away from work to care for an ill infant. Although breastfeeding is the preferred form of infant feeding, mothers' decisions regarding their preferences must be supported and respected.

Successful breastfeeding probably depends more on the mother's desire to breastfeed, satisfaction with breastfeeding, and available support systems than on any other factors. Mothers need support, encouragement, and assistance during their postpartum hospital stays and at home to enhance their opportunities for success and satisfaction.

Three main criteria have been proposed as essential in promoting positive breastfeeding: (1) absence of a rigid feeding schedule; (2)