

Dressing for Twins

It is not uncommon for new mum's to feel dowdy and unfashionable after giving birth. With your new baby being your main priority, you can often feel like there is no time to think about fashion and with twins it can be twice as difficult to feel stylish.

But it doesn't have to be that difficult to find functional but fashionable clothing that work whilst breastfeeding twins. If the right items are in your wardrobe you will look gorgeous no matter what you pull out in the morning.

Ruth Peters, founder of Mama Cocoon and mum to twins Nell and Dylan, believes it is important to buy dual purpose tops that can be used after maternity for breastfeeding. This means you do not need to splash out on tops for both purposes, so you can afford to have a few different choices in your wardrobe.



Another top tip for versatility is being able to get different looks from a few key items. Ruth explains, "buying long tunics and dresses is a great idea as they are comfortable but can also be worn over trousers or with boots to create different outfits".

"A bump band is a really clever investment as it prolongs the life of normal tops and trousers, and offers a lot of much needed support."

Above all, Ruth emphasised how important it is to have comfortable clothes for breastfeeding twins. "In the first six months breastfeeding will take up the majority of your time so you want to make sure you are wearing something comfortable. The important thing to remember is that does not mean you have to compromise on fashion as a result".



Whilst breast feeding her twins, Ruth designed her own range of maternity and nursing wear in organic cotton. These fashionable and comfortable tops are available from her website at www.mamacocoon.com, along with other fantastic items for pregnant and new mums.