

Nipple shields are tools sometimes used to help with difficult breastfeeding situations. They must be used with care when appropriate.

Some reasons for using a nipple shield:

- For premature or not quite mature infants who cannot maintain latch yet.
- Babies who struggle to latch when there are inverted or flat nipples
- Extreme sensitivity of the nipples.

Get help if you are concerned that baby is not getting enough milk or if there are not enough pees and poos.

Get help right away if there is difficulty with latching, sore nipples or other breastfeeding concerns .

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Breastfeeding Clinicals

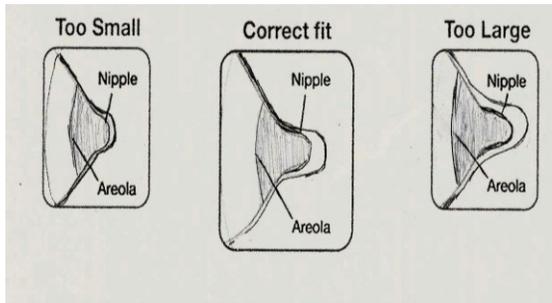
Using a Nipple Shield



General information

The nipple shield must be the right size: not too big or too small.

It should fit over the nipple with a small amount of clearance around the base of the nipple as the nipple and surrounding tissue will stretch while baby is suckling.



Wash the shield with warm soapy water, rinse and then dry with paper towel after every use.

Store the clean, dry shield in a container between uses.

Using the nipple shield

Before breastfeeding:

Wash hands

Express some milk into the shield to help it stick to your skin and keep it in place

Make sure the shield completely covers the nipple

Baby is latched well when:

Baby is positioned very close to your body: Tummy to Mummy

Baby's mouth is wide open and lips are flanged out to make a seal around the breast.

Baby suckles with deep, rhythmic pulls at the breast.

There are sounds of swallowing as baby drinks

Baby takes little rests **and then starts suckling again.**

You may see milk in the shield when baby comes off the breast,

Cautions



If using a shield in the first few days

ALWAYS hand express colostrum for baby at EVERY FEED as well in order to

- Ensure baby gets all the milk
- To increase milk supply

Breastfeed frequently (at least 8 times in 24 hours)

Pump if baby is not breastfeeding well yet to **support your milk supply.**

Work with a lactation consultant to make sure that breastfeeding is improving and to know if it is appropriate to continue using the shield.

Knowing when to stop

1. When baby is breastfeeding effectively and gaining weight
2. When your breasts and nipples are comfortable
3. You are latching baby easily and confidently
4. It may take some time for baby to latch without the shield.