

Breastfeeding ... how to use a nipple shield

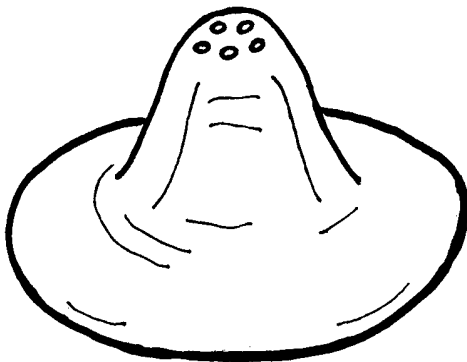
If your baby has had difficulty latching onto your breast, your caregivers may recommend using a nipple shield.

Latching difficulties are temporary. Our goal is to have your baby feeding at the breast, without a shield, as soon as possible.

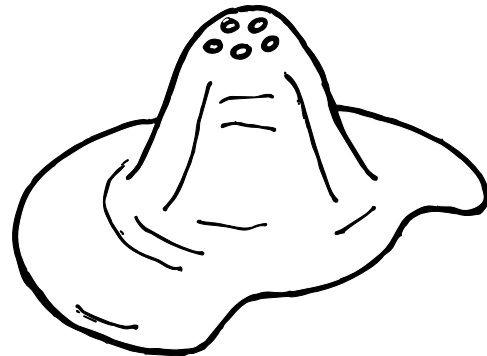
Types of nipple shields

There are several types of nipple shields. Most nipple shields come in different sizes. There are two types of shields shown here.

Regular Nipple Shield



Contact Nipple Shield



Your baby's nurse or the Lactation Consultant will help you choose the one that is right for you.

Before feeding:

- Wash your hands well before each breastfeeding.
- Before using the shield, place a warm, moist facecloth over your breast for a few minutes. Then remove the cloth and gently massage your breast. This may increase milk flow.
- Wet the back of the shield with expressed breastmilk or warm water to help it stay in place better.
- Turn the nipple shield inside out about half way like a sombrero and place it over the nipple. The soft back is then placed over the areola and the tip of the shield is drawn out so that the nipple is inside the shield.
- Hand express enough breastmilk to fill the nipple shield. This may help your baby get started.

During feeding:

- Stroke the baby's lips with the shield. Wait for the baby's mouth to open wide like a "yawn". Latch the baby directly onto the brim and not the tip of the shield. It may take a few attempts before the baby latches on and begins nursing.
 - Let your baby breastfeed as long as he or she wishes. Make sure you can see and/or hear your baby swallow and see your baby's jaw moving. When your baby is finished, repeat the massage and expression on the other side and place the baby on that breast.
 - Please talk with your health care provider if feedings are taking a long time or you have questions or concerns.
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After feeding:

- If your milk is not “in”, pump your breasts 4 to 6 times a day to help bring in your milk supply.
- After each feeding, wash the nipple shield with hot, soapy water. Rinse and pat dry. Store the shield in a clean, dry place, such as a travel soap container.
- At home, boil the shield in a pot of water once a day for 2 minutes. This may turn the shield a cloudy colour, but it is still safe to use.
- Replace the shield if any areas become thin or worn.

Your baby’s follow-up care

Within 2 days of leaving the hospital, you and your baby should have a breastfeeding assessment. Ask your nurse or lactation consultant for a list of breastfeeding support services in your community.

A breastfeeding support person can help by:





- weighing your baby
- watching your baby breastfeed
- making a pumping plan
- making a plan for weaning from the shield

Using a nipple shield may reduce your milk supply. Please continue to pump until you are seen by a breastfeeding support person.



There are many people who can answer questions and help you build up your milk supply.

Some choices are:

-  a lactation consultant
-  a public health nurse
-  a La Leche League leader
-  your doctor or midwife