

## 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.** A nipple shield does not replace the need for a proper latch.

**Our goal is to have your baby feeding at the breast, without a shield, as soon as possible.**

### Types of nipple shields



Most nipple shields come in different sizes.

You may find a few different choices at your Pharmacy.

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

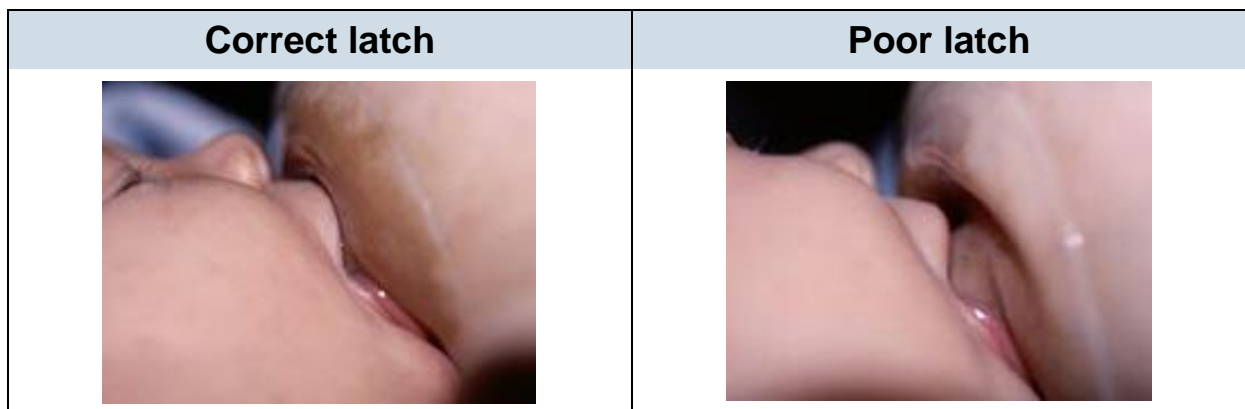
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## Before feeding:

- Wash your hands well before each breastfeeding.
- Massage your breasts and then try some hand expression. This may help to start your milk to flow before you apply the shield.
- Wet the back of the shield with expressed breastmilk or warm water to help it stay in place better.
- Turn the nipple shield almost inside out 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.
- Now hand express a few drops of breastmilk into the nipple shield. This should help your baby get started.

## During feeding:

- Stroke your baby's lips with the shield. Wait for baby's mouth to open wide like a "yawn". Latch your 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.
- Make sure you can see and/or hear your baby swallow. When your baby is finished, repeat the massage and expression on the other side and place your baby on that breast.
- During the feeding, check that your baby is still latched to the base of the shield.



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## After feeding:

- 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. To help your shield keep its shape and last longer, place the shield in water at room temperature. Once the water is boiling, boil the shield for 2 minutes. The boiling 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 a week of leaving the hospital, it is recommended that you and your baby be seen by a breastfeeding specialist.

Ask your nurse or lactation consultant for a list of breastfeeding specialists and support services in your community.

A breastfeeding specialist can help by:

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

My next appointment with a breastfeeding specialist is:





\_\_\_\_\_ (date)

\_\_\_\_\_ (time)



There are many people who can answer your questions.

Some choices are:

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