

# BREASTFEEDING ANSWERS

## Nipple Shields

A nipple shield is a flexible silicone nipple that is shaped like a floppy sun hat and worn over your nipple during a feeding. It is sometimes used when your baby is having a hard time latching to your breast.

### Disadvantages to using a nipple shield

- Your baby may get less milk if the shield is not used correctly
- You may need to pump after breastfeeding
- It might be hard to wean from a nipple shield

### Advantages to using a nipple shield

- It is better to have your baby at the breast with a nipple shield than not at the breast at all!

### Latching your baby with a shield

- Use gentle massage and hand expression to get your milk flowing
- Centre the shield over your nipple with the tip turned inside out. Turn the shield right side out and smooth it into place. Your nipple should be drawn into the tip.
- Latch your baby onto the shield as you would on your bare breast. It is important that your baby is latched deeply when using a nipple shield.



### Things to remember

- Use the right size (your nurse will help you with this)
- Monitor your baby's wet diapers and stools to make sure that your baby is getting enough milk – weight checks may also be helpful
- Listen for regular swallowing of milk while your baby feeds
- Your breasts should feel softer after the feeding – if they do not feel soft you may need to pump after feeding to make sure that you do not get blocked ducts or lowered milk production

### **Weaning from the shield**

- Some babies need to use the shield for just a few days and some need it much longer
- You can try to remove the shield after your milk lets down and you hear your baby swallowing. If your baby takes your breast without the shield try this again at other feeds until your baby takes your breast without the shield.
- If your baby will not take the bare breast try again in a few days when you and your baby feel relaxed.
- Keep using the shield as long as it helps your baby to breastfeed well

### **Cleaning the shield**

- Follow the manufacturer's instructions

For more information call us at 1-800-563-2808.

