



Nipple shields

A nipple shield may be helpful if your baby is having problems getting milk when feeding. Shields are not the solution to all situations so please check with a midwife or lactation consultant before deciding to use one.

The shields in use today are ultra-thin and therefore should not affect your milk supply. It is important that the shield is the best fit size, and your baby is latched correctly. We can help you choose the correct size for you.

How to use a nipple shield

- If using a shield with a cut out shape this is where your baby's nose will be when feeding
- With clean hands, express a little breastmilk on the outside of the shield for baby to smell and taste and a few drops of breastmilk into the nipple part of the shield to act as a lubricant
- Stretch the shield over your nipple, drawing your nipple further into the teat
- For good latching technique, wait for a wide gape and bring baby on to the breast swiftly so his lips are on the brim of the shield
- If you can see the teat of the shield your baby is not latched deeply enough



Things to note when using a shield

- Look for signs your baby is actively sucking and making some swallows
- Record baby's wet and dirty nappies
- Your breasts should feel softer after the feed
- After use, clean the shield with hot soapy water, rinse well, dry and store in a clean dry container

How to stop using a shield

- Long term use may lead to a slight increase in blocked milk ducts and mastitis
- When feeding has improved you may want to try to stop using a shield
- Start feeding with the shield on, once baby has started feeding and getting some milk, gently remove baby from the breast, take the shield off and re-latch baby. If your baby doesn't latch without the shield, replace the shield and try at the next feed, it may take several attempts. Some mothers may need to continue using a shield
- If you have nipple pain, talk to your LMC

Issued by	MCGG	Issued Date	May 2016	Classification	010-02-04-003
Authorised by	HoD -Maternity	Review Period	36 months	Page	1 of 1

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