

Remember to immunise your baby as he/she grows and develops into a healthy child.

Immunise at 6 weeks; 3 months; 5 months; 15 months; and 4 years. If you are unsure talk to your family doctor or practice nurse.

The National Women's Health website has good, accurate and up to date information which you may find helpful.

[www.nwhealthinfo.co.nz](http://www.nwhealthinfo.co.nz)

# Womens Health

## Information for women on how to use a Nipple Shield to support breastfeeding

Tena koutou katoa, Kia orana, Talofa  
lava, Malo e lelei, Fakaalofa lahi atu,  
Taloha Ni, Ni Sa Bula Vinaka,

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Manukau Nipple Shield pamphlet.

Auckland District Health Board  
National Women's Health

## What is a Nipple Shield?

Thin, flexible silicone covers that can be placed over the nipple to support your breastfeeding.

## When to use

- True inverted nipples where after several attempts baby either cannot latch or latch is shallow
- Some premature babies who latch well but can't sustain the latch because they fall asleep before finishing a full feed
- Some other reasons, usually on the advice of a Lactation Consultant
- Only after your milk is "in" and flowing well

## When Not to Use

The aim of using a nipple shield is to assist a baby to transfer milk.

**Do not use a nipple shield to cover up nipple damage caused by incorrect positioning or latching.**

If you are not sure how to hold your baby and latch him/her to the breast without pain or nipple damage, ask your midwife/nurse for assistance.

## How to choose the correct shield

ADHB has written guidelines for staff. At ADHB we usually use the largest size Nipple Shield to assist baby to transfer more volume per feed. Often smaller Nipple Shields cause nipple compression leading to pain and nipple damage.

other feed. Try at times when you and your baby are relaxed and when there is someone there to help you with other children or distractions, You may decide that you don't want to try removing it at every feed.

- Pre-term infants may need the nipple shield longer.
- NEVER cut the end off the shield.

A list of Breastfeeding Support in the Community is available from your midwife/LMC.



### How long before I can stop using the nipple shield

This depends on why you need the shield. You may need a shield for a few feeds, days, weeks, or months. When the time is right for you and your baby, you can stop. For most women using the Nipple Shield is a temporary intervention.

- Your baby should be feeding effectively without further weight loss, appear satisfied after feeds, have at least 6- 8 wet nappies in every 24 hour period once your milk has come in, and have normal breastfed baby bowel motions.
- Your breast should feel softer and well drained after the feed. You should be able to hear your baby swallowing frequently during the feed. (Ask your midwife/nurse if you need further explanation).
- If you have been using the nipple shield for flat or inverted nipples, start feeding with the shield on, then several minutes after the baby has settled into a good suckling pattern and is feeding well, try removing it.
- Gently remove the baby from the breast, then holding the baby in the same breastfeeding position, remove the nipple shield and gently latch the baby on to your bare breast.
- If your baby doesn't latch on to the breast without the nipple shield, apply the shield again and try without the shield at an-



### How to Apply the Shield

- Wash and dry your hands well
- Before applying - if using a shield with a cut-out at the top - decide where your baby's nose will be when feeding at the breast
- Hand express a few drops of milk.
- With clean hands, smear breastmilk on the outside of the nipple shield teat so your baby will smell and taste your milk
- Express milk into the teat of the shield so the dry shield doesn't rub on your nipple
- Turn the shield's brim back on itself and with your fingers holding the brim, stretch the part of the shield where the teat joins the brim
- Place the stretched shield over your nipple, and release the tension after the shield has made contact around the base of your nipple. This should draw your nipple into the teat a little and help the shield to stay in place.
- It is also useful to tape the sides of the NS to keep it in place whilst you are learning how to use it.
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### How to Use the Shield

- If fitted correctly, it will not be necessary to hold the shield in place, but you may wish to place your fingers at the edge of the shield.
- Start with the teat of the shield resting above your baby's top lip.
- Touch your baby's lips with the nipple shield or the lower part of your breast.
- Your baby must open his/her mouth very wide so that you can bring your baby on to the breast.
- When latched, your baby's lips must reach on to the brim of the shield. **If you can see the teat of the shield, your baby is not latched correctly.**
- It is important that the baby does not slip back on to the teat of the shield as this may cause pinching and nipple trauma. Your baby may also get less milk.



**Poor Latch**



**Correct Latch**

- Make sure the baby is sucking AND swallowing. "Milk transfer" means the milk is getting into the baby.
- Check the shield during the feed to ensure there is milk in it, and that baby is not just sucking saliva.

- **You will need to express to keep your milk supply up** while you are using the nipple shield.
- If your milk supply is sufficient, it is recommended you express once a day on top of your breastfeeding.
- Make a feeding plan with your LMC or Hospital midwife
- Record **all** wet nappies and the number and colour of stools - on the feed chart.

### Expressing your milk

- Ask your midwife/nurse to teach you how to hand express. Further information is available.
- Ask her how to use an electric breast pump.
- You will need to express once a day to keep your supply well stimulated in the early weeks after the birth.
- Before you go home and once you are at home the plan needs to be revised with your LMC/ home care nurse or Lactation Consultant.

### Cleaning the Nipple Shield

- After use the nipple shield should be rinsed then washed in hot soapy water, rinsed again and either put in a sterilising solution for at least an hour and then into a clean covered container until needed, or if using, into a microwave steriliser.