

Nipple Shields



A nipple shield is a soft thin flexible silicone cover that is worn over a mother's nipple during breastfeeding.

The use of a nipple shield is temporary and it should always be used with the guidance of a lactation consultant, midwife or a child health nurse.

A nipple shield maybe suggested when:

- you have inverted or flat nipples and your baby is having difficulty attaching to your breast
- your baby cannot attach directly or effectively to your breast
- your baby is premature or has a weak suck and is having trouble attaching to your breast
- your baby won't attach to your breast following a difficult birth.

Caution when using nipple shields

It is best to wait until the milk "comes in" before using a nipple shield.

Using nipple shields can slow milk production and removal, which can result in baby having an increased risk of weight-loss and failure to thrive.

How to use a nipple shield

It is best to see a lactation consultant, midwife or child health nurse to ensure you are using the right size and that baby is latching correctly.

Wash hands with soap and water. Choose a nipple shield of an appropriate size. **Your nipple should fit comfortably into the shaft of the shield.**

To apply the shield half turn the shield inside out, express some milk into the shield and centre it over the nipple. Then stretch or roll it onto the nipple, flattening the edges against the areola. This will draw the nipple into the shield and make a seal.

The appearance of your nipple shield will vary between brands.

Cleaning the Nipple Shield

- Rinse shield under tap water then wash thoroughly with warm soapy water. Rinse again with tap water
- Air dry and store in an airtight container.

How do I know baby is getting enough milk?

- Baby has bursts of swallowing with deep rhythmic sucking when feeding, baby self detaches after a reasonable amount of time
- Your breasts feel softer after a feed
- Baby has 6 or more pale wet nappies and frequent poos
- Baby gains reasonable amounts of weight.

Where to get more information

Women's and Children's Clinic - 4433 2029 (Mon–Fri)

Child Health - 4433 9000 (Mon-Fri)

Free after-hours Help Line - 13 Health (13 43 25 84)

Lactation Consultant - 4433 3753

Australian Breastfeeding Association

1800 686 268 – Breastfeeding Helpline

www.breastfeeding.asn.au

Queensland Health

www.health.qld.gov.au/breastfeeding/

