



Breastfeeding Committee For
Saskatchewan

IMPORTANT

- Ask your health care professional to check baby's position and latch before shield use.
- The nipple shield is not recommended before your milk comes in.

For further information contact:

Local Public Health Nurse

Lactation Consultant

*Local Health Care
Provider*

*Local breastfeeding support
group*

HealthLine
1-877-800-0002

Breastfeeding Using a Nipple Shield

What is a nipple shield?

- A soft silicone artificial nipple that is placed over the mom's nipple and areola during feeding.



When is it used?

- When baby has continuing problems latching to breast and it is not improving.
- May allow healing to take place on a very sore or damaged nipple.

Care of the shield:

- Wash in hot, soapy water (mild liquid hand soap) and rinse with hot water before the first use and after each feeding.
- Rinse the shield in hot water before nursing, as this helps the shield stay on the breast.
- Boil once daily in water for 20 minutes or according to manufacturer recommendations.
- Store in a clean container, facing upwards.

Remember:

- If your baby is unable to latch prior to the milk coming in, continue pumping and call for professional help.
- Make sure baby is latched and sucking well with the shield. Your nipple should be drawn into the shield.
- Use breast compression while breastfeeding to ensure good milk supply to your baby.
- Count baby's wet and dirty diapers. When your milk is flowing well your baby should have at least 6 wet, and 3 or more dirty diapers per day.
- Your milk supply may decrease if you use a shield. If this happens express both breasts after every feed. Call for professional help.
- Baby should be weighed weekly by a health care professional to ensure he/she is gaining well.
- If there are any concerns with your milk supply and/or your baby's weight gain, discuss this with your health care professional. Your baby may need to be breast fed using an alternate method.

Stay in touch with your health care provider if you are using a nipple shield.

*Adapted with permission from
Regina Qu'Appelle Health Region
Revised October 2009*