



Care Plan for Breastfeeding Your Baby with a Nipple Shield

A nipple shield may be recommended by your lactation consultant or nurse if you are having breastfeeding difficulties. If using a nipple shield after discharge, it is important to stay in contact with a lactation consultant to make sure your baby is feeding effectively (TriHealth Breastfeeding Care Center 513 862 7867 option 3).

Care Plan Goals:

- Help baby latch on and breastfeed effectively
- Make breastfeeding more comfortable for mother

A Nipple Shield May Be Helpful When:

- Baby is premature
- Baby has trouble latching or maintaining latch
- Mother's nipples are flat or inverted
- Mother has nipple pain and/or damage

Suggestions for Applying a Nipple Shield:

- Your Lactation Consultant or nurse will help you choose which size nipple shield is best for you and your baby
- Wet the nipple shield with water or milk
- Stretch the nipple shield until it's almost inside out and center it over your nipple; this will pull your nipple fully into the shield and stimulate your baby to suck
- Smooth out the nipple shield over your areola

Breastfeeding with a Nipple Shield

- Support your breast and hold the edges of the nipple shield if necessary
- Baby should latch deeply onto the nipple shield, taking in some of your areola, not just your nipple (may need to sandwich your breast to help him get deeper latch)
- Baby should be actively sucking and swallowing for 10 to 30 minutes (see *Signs of Effective Feedings*)
- Observe for colostrum/milk in tip of nipple shield after baby detaches from your breast
- The nurse or lactation consultant may talk with you about the need to supplement and pump after breastfeeding when using a nipple shield (see *Care Plan for Baby Who Is Not Breastfeeding Effectively*)

If you are following a supplementing care plan, make certain that your baby is breastfeeding effectively and gaining weight before you stop. Talk with your baby's doctor and a lactation consultant.

For suggestions for weaning from the nipple shield or specific questions, call the TriHealth Breastfeeding Care Center (513 862 7867 option 3)