



READY TO DITCH THE NIPPLE SHIELD?



# We have some ideas!

Nipple shields can be a valuable tool when dealing with latching difficulties in the early weeks after baby arrives; however, they are rarely considered a long-term solution and they can be a bit of a nuisance. The shields don't always stay in place, and you're up the creek if you forget it at home. If you're ready to wean from the shield, consider working directly with a lactation professional, but these are a few great tactics you can try on your own.

- **Skin-to-skin contact** helps create a calm atmosphere and helps your baby tap into their natural feeding abilities.
- **Start feeding sessions early.** Hungrier babies are harder to latch. Feed frequently!
- **Keep the experience pleasant.** Talk kindly to yourself and your baby when learning to latch. It can be a difficult transition, so grace is a necessity. If the situation becomes stressful, offer a little milk by bottle and try again once baby is calm.
- **Hand express a few drops of milk onto your nipple** to entice baby to latch. Instant satisfaction!
- **Mold your breast into a bite-sized portion.** You can start with your thumb and forefinger about 2 inches away from your nipple and compress down to create a bite-sized portion, or, if you notice that your nipple retracts when you compress the breast in this manner, you can pinch the outer portion of your areola about 2 inches to one side of your nipple to create a nice ledge on which your baby can latch. See photos below.



C Hold



Tea Cup Hold

Pay attention to what your nipple does when you are compressing your breast. If you have flat or inverted nipples, you may find more success with the method shown in the 2nd image.

*Still have questions? Give us a call!*