



Nipple Shields

**Information leaflet
for parents**

This leaflet only gives general information. You must always discuss your individual treatment with the appropriate member of staff. Do not rely on this leaflet alone for information about your treatment.

This information can be made available in other languages and formats if requested.

Alder Hey Children's NHS Foundation Trust
Eaton Road
Liverpool
L12 2AP
Tel: 0151 228 4811

www.alderhey.nhs.uk

© Alder Hey

Review Date: Dec 2024

PIAG: 343

If you need any additional help, please ask one of the nurses on the ward.

At Alder Hey, we promote breast milk as the best form of nutrition for your baby. We understand there may be times when your baby can not feed directly from the breast. In this case, you will be supported in trying to maintain breastfeeding or breast milk expressing if you desire.

After a breastfeeding assessment has been carried out by a trained professional, you may be advised to temporarily use a soft, silicone nipple shield (see below). This leaflet has been written to enable you to make an informed choice about whether you would like to use one and to help you to use one effectively.

Nipple shields can be useful if you are struggling to latch your baby due to painful or flat nipple. They should only be used when all other techniques to achieve effective latch have been tried and when milk supply is sufficient to flow through the shield. Once successful breastfeeding with a shield has been achieved then a plan should be implemented to wean your baby off the shield and onto the breast as indiscriminate use could affect your milk supply.



It is essential that the same principles of good positioning and attachment are applied. Your baby's lips must be able to reach the flat base of the shield against your breast. If they are not, then your baby will feed from the nipple and therefore your milk flow and supply could be affected. Refer back to your Breastfeeding information leaflet or ask staff for help.

CLEANING YOUR SHIELD

Before first and after each use:

- * Clean shield in warm water with liquid soap in patient bathroom and rinse thoroughly.
- * Put in quick clean microwave sterilising bag and give to staff to microwave.
- * Towel dry and store in shield box ready to use.
- * Before first use, you will need to wash and sterilise the shield storage box also.

How to use your shields

- ◆ Wash and dry your hands thoroughly.
- ◆ Shield can be moistened with quality drinking water, if needed, to help it stick.
- ◆ Push the tip of the shield to almost inside out and grip wings (see below).
- ◆ Place the shield centrally over the nipple with the open section pointing to where your baby's nose will be.
- ◆ The shield should fit comfortably without pinching.

