

Ten Steps to Ditching the Nipple Shield



Do as much skin-to-skin time as possible, even when baby isn't eating.



Watch your sleeping baby for early hunger cues and try latching them when they're just barely awake.



Nurse baby often- every 2 hours or more- because an impatient baby with an empty belly won't want to latch without a shield.



Don't allow baby to get mad at the bare breast. If they cry or fuss, use the shield and try again later when baby is calm.



Hand-express a few drops before you attempt to latch so the taste & smell of the milk will entice (and maybe distract) the baby.



Talk gently and positively to baby using a soft tone of voice. Even if things are going badly, use positive words.



Use your hand to compress your breast tissue into a "nipple sandwich" to make it firmer and easier to latch on to.



Try making your nipple more "shield like" by pumping before latching, or using a cold wash-cloth.



If your breasts are too engorged to latch on to, use reverse-pressure-softening (RPS) to soften your areolae.



Try the bait-and-switch: start with the shield, then after a few minutes quickly remove it & re-latch baby.