

How can I stop using a nipple shield?

Slowly.

If your ultimate goal is to stop using a shield, the best trick is to never exclusively use one to begin with. However, if you are 100 percent on the shield, do not expect to stop using it overnight.

Try starting the feed with the shield intact, and a few minutes in, take the shield off and quickly reattach. Walking or bouncing may help to distract from the elephant in the room, although be careful not to overwhelm yourself with too many “tricks” at once.

Babies tend to be more receptive when they are sleepy and not frustrated, so try starting without the shield a few times a day when your baby seems happier, not starving and relaxed. Roll your nipple and express drops of milk before starting to extend and harden your tissue to match the familiarity of the shield.

Take baby steps each day, and eventually your child will part with it.