

Time	Narration
00:01	Welcome to the spoken tutorial on the complications of using nipple shields .
00:07	In this tutorial, we will learn about:
00:10	Nipple shields .
00:13	Disadvantages of using nipple shields .
00:16	Suggestions for adequate breastfeeding.
00:20	Let us begin. A nipple shield is used to help with breastfeeding.
00:26	It is a nipple-shaped cover made of plastic,
00:30	silicon, latex or other materials.
00:36	While breastfeeding, it is positioned over the nipple and areola.
00:42	It is a temporary solution to help the baby latch on to the mother's nipple.
00:48	Nipple shields are usually recommended to mothers who have flat nipples.
00:55	They are also recommended to mothers who have inverted nipples.
01:01	They are also used when the baby doesn't latch on or suck the breast properly.
01:08	Mothers with cracked nipples also use them to avoid pain.
01:14	However, use of nipple shields during breastfeeding has many disadvantages.
01:22	They create a barrier between the infant and the mother's breast.
01:28	They make breastfeeding feel unnatural.
01:32	They reduce the stimulation of the areola.
01:36	This may interfere with prolactin and oxytocin release in the mother.
01:43	Prolactin and oxytocin are hormones needed for lactation.
01:49	Prolactin helps in breast milk production.
01:54	Oxytocin helps in releasing milk out of the mother's breast.
02:00	Therefore, nipple shields reduce breast milk supply during breastfeeding.
02:08	This increases the overall time taken for breastfeeding.
02:13	The mother and the baby feel tired after feed.
02:19	On long time use, the infant becomes dependent on nipple shields .
02:25	Infants may refuse to breastfeed without a nipple shield .
02:31	This dependency combined with reduced breastmilk supply is not good.
02:38	Over time, it decreases breast milk production.
02:43	Therefore, it causes early weaning.
02:47	Early weaning is found among many mothers who use nipple shields .
02:53	Nipple shields prevent the nipple from reaching deep inside the baby's mouth.
03:01	This does not let the baby deeply attach to the mother's breast.
03:06	This might also interfere with the baby learning to suckle correctly.
03:13	The baby's suckling pattern is changed when a nipple shield is used.

03:20	Nipple shields increase the baby's sucking speed.
03:25	They also increase the baby's time spent resting during breastfeeding.
03:33	The baby might swallow too much air because of the nipple shield .
03:39	Nipple shields often fall off the breast thereby interrupting breastfeeding.
03:45	Nipple shields give a feeling of inconvenience to the mother and the baby.
03:52	It is difficult for the mother to clean them later after use.
03:58	Hence they increase the chances of passing the infection to the baby.
04:05	A nipple shield with an improper hole gives poor flow of milk.
04:11	This can tire the infant and cause poor growth.
04:16	Sometimes nipple shields of improper size or fit are used.
04:23	They can cause choking in infants.
04:26	They can also cause or worsen cracked nipples in the mother.
04:33	Nipple injury from squeezing of the nipple and areola is possible.
04:40	Nipple shields should not be recommended if the baby is not sucking properly.
04:47	The current research does not yet show safe practices for using nipple shields .
04:55	Some experts recommend nipple shields when the baby refuses to breastfeed.
05:02	Causes for refusal may include flat or inverted nipples.
05:08	They also include premature birth.
05:12	Another cause is the baby not sucking the mother's breast properly.
05:18	Other causes are neuromuscular issues or
05:22	imprinting .
05:24	Imprinting is a behaviour that happens in the early hours of life.
05:30	Ideally, the baby naturally attaches to the mother's breast after birth.
05:37	However, without early breastfeeding, the baby attaches to something else.
05:44	It could be a thumb, bottle, plastic nipple, etc.
05:49	This causes the baby to refuse to breastfeed.
05:54	Sometimes, a mother may be stressed.
05:58	She may be considering bottle feeding.
06:01	In such cases, nipple shields may provide temporary relief to her.
06:08	They may also prevent bottle feeding.
06:12	She must be helped by a lactation expert properly.
06:17	Some mothers may wish to use nipple shields for longer periods.
06:23	However, they must go for regular follow-ups to check if the shield is helpful.
06:30	Here, the risk of the baby not feeding directly from the breast is high.
06:37	Self-made nipple shields should not be used.
06:41	Nipple shields should not be altered for use.
06:45	Sometimes, a mother may ask about using a nipple shield .
06:50	It is important to first ask her about her breastfeeding technique and problems.
06:57	Enquire about her breastfeeding history.
07:01	Enquire about her attempts to correct the baby's breast sucking technique.

07:08	Then offer suggestions to correct the mother's breastfeeding technique.
07:14	Nipple shields should only be initiated by a healthcare provider.
07:20	They should be an expert in breastfeeding skills.
07:24	They should thoroughly assess the benefits and risks of using a nipple shield .
07:31	They should also plan with the mother for regular follow-ups while using it.
07:37	Babies can get used to breastfeeding with a nipple shield .
07:42	Later, they may refuse to breastfeed directly from the breast, without a shield .
07:49	They may also not be able to attach deeply to the mother's breast later.
07:56	Therefore, follow-up is especially important in the first 48 hours.
08:02	Mother should be helped to wean from the use of a nipple shield .
08:08	Some healthcare providers cannot help the mother appropriately.
08:13	They should refer her to a lactation expert.
08:17	Mothers should always be taught the proper techniques of breastfeeding.
08:22	She should know that babies must attach to the lower areola, not to the nipple.
08:30	So it is not mandatory to have a protruded nipple for the baby to attach.
08:37	Most often, the nipple can protrude naturally with the help of deep latching.
08:44	This happens over a few days due to good sucking by the deeply latched infant.
08:51	The use of nipple shields can make this natural process difficult.
08:57	Initiating breastfeeding within 1 hour of birth is important.
09:03	To do so, skin-to-skin contact must be performed immediately after birth.
09:10	Skin-to-skin contact after birth is explained in another tutorial.
09:16	Mother should also learn the correct techniques of breastfeeding.
09:21	Cross-cradle hold is one of them.
09:25	This hold will help in adequate breastfeeding even if the mother has flat nipples.
09:33	In this hold, the mother's fingers on the breast are parallel to the baby's lips.
09:40	This helps the baby latch deeply to the breast.
09:44	Cross-cradle hold is explained in another tutorial of the same series.
09:50	Patience in learning breastfeeding skills must be encouraged.
09:56	Repeated attempts must be made to breastfeed without a nipple shield .
10:02	Remember, exclusive breastfeeding for the first 6 months of life is crucial.
10:09	Breastfeeding must be effective for the baby's growth.
10:14	Correct breastfeeding techniques will ensure that the baby gets enough milk.
10:20	Any artificial product can never replace natural breastfeeding.
10:26	An expert must always guide a mother to learn proper breastfeeding skills.
	This brings us to the end of this tutorial.
10:33	Thank you for joining.