



Nipple Pain Relief Guide

LATCH IMPROVEMENT TECHNIQUES

For pain related to baby's positioning and latch:

- Wait for baby to open WIDE before bringing them to breast
- Ensure baby takes a large mouthful of breast, not just nipple
- Make sure baby's chin touches your breast first
- Position baby's bottom lip as far from base of nipple as possible
- Check that baby's lips are flanged outward like a fish
- Align baby's body straight (ear, shoulder, and hip in line)
- Try the "flipple" technique:
 - Shape breast tissue with your fingers in a "U" or "C" hold
 - Point nipple toward baby's nose
 - When baby opens wide, quickly "flip" nipple to center of mouth
- Experiment with different positions:
 - Laid-back position (reclined with baby on chest)
 - Side-lying position
 - Football/clutch hold
 - Cross-cradle hold
- Tickle baby's upper lip with nipple to encourage wide opening
- Create firm breast tissue by shaping breast with hand
- Consider trying a nipple shield temporarily (seek professional guidance)
- End feeding session by breaking suction first (insert clean finger into corner of baby's mouth)
- Schedule in-person latch assessment with lactation consultant