

## TYPES OF NIPPLES

Nipples are unique in shape and size. Every woman is different but the size and shape of your nipples does not mean that you cannot make milk for your baby. You may have flat, inverted or large nipples. Flat nipples are the most common type of nipple in larger women<sup>1</sup>. Small nipples don't typically pose a challenge<sup>1,2</sup>.

Large nipples may be difficult for babies to put into their mouths. They may make sucking and latching more difficult. This is a problem because it is important for the baby to be able to get the nipple and the areola in his or her mouth<sup>3</sup>. There are simple methods that can help you breastfeed your baby no matter the shape of your nipples.

### TYPES OF NIPPLES AND SIMPLE SOLUTIONS TO HELP YOU BREASTFEED:

#### FLAT NIPPLES<sup>4,5</sup>:

Some women have flat nipples. This is normal. A flat nipple does not stick out or cannot be squeezed out. With flat nipples, you may have latching issues and engorgement.

- If it does not poke out that means you have flat nipples
- Use nipple shield to pull out nipples. Women with larger breast should use a larger nipple shield
- Pull back on the areola (pull it toward your chest) before you latch the baby on
- Use a breast pump with a large flange to bring out the nipple
- Stimulate your nipple by applying a cold pack or cold cloth

#### INVERTED NIPPLES<sup>4,5</sup>:

Inverted nipples point inwards, instead of out.

- Also try the pinch test to see if it is a true inverted nipple. If it disappears, that means you have an inverted nipple.
- Wearing a large breast shell inside your bra, between feedings, or a large nipple shield can help pull out the nipple
- Breast pump with a large flange to draw out the nipple right before feeding. Refer to the Breastfeeding and Pumping lesson for additional information.

#### LARGE NIPPLES<sup>4,5</sup>:

Large nipples are extra-long nipples. Having large nipples can make it hard for your baby to get enough of the (areola) in his/her mouth.

- Try wearing a large nipple shield to shorten the nipple and make it wider may help your baby to have a better latch. A large nipple shield can also be used to shape your nipple to a smaller size

#### TIPS OF THE WEEK

- Nipples come in many sizes and shapes. Don't let it stop you from breastfeeding.
- Flat nipples are the most common type of nipple in women who are at unhealthy weight.
- About 10% of all women have flat nipples.

Nipples can come in many sizes and shapes and you can overcome any challenges. Here are some signs that your baby is feeding properly<sup>6</sup>:

- You feel a tugging but no pain during breastfeeding.
- You hear your baby swallowing.
- Your baby's lower lip is rolled out (like fish lips).
- You see less of the dark part of your nipple.
- Your baby breastfeeds with a wide (not a narrow) mouth.

**IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455**

## RESOURCES:

[womenshealth.gov/breastfeeding/common-challenges/#i](http://womenshealth.gov/breastfeeding/common-challenges/#i)

[nursingnurture.com/large-nipples-small-baby/](http://nursingnurture.com/large-nipples-small-baby/)

[breastfeedingbasics.com/articles/flat-or-inverted-nipples](http://breastfeedingbasics.com/articles/flat-or-inverted-nipples)

[babies.sutterhealth.org/breastfeeding/bf\\_concerns.html](http://babies.sutterhealth.org/breastfeeding/bf_concerns.html)

[medela.com/IW/en/breastfeeding/good-to-know/types-of-nipples.html](http://medela.com/IW/en/breastfeeding/good-to-know/types-of-nipples.html)

## APPS:

### BREASTFEEDING EXPERIENCE (FREE)

[itunes.apple.com/us/app/breastfeeding-experience/id522046543?mt=8](http://itunes.apple.com/us/app/breastfeeding-experience/id522046543?mt=8)

Advice and solutions to many common breastfeeding problems, including sore nipples.

## BLOGS:

### BREASTFEEDING WITH FLAT NIPPLES

[similac.com/community/boards/discussion\\_boards/f/5/t/472.aspx](http://similac.com/community/boards/discussion_boards/f/5/t/472.aspx)

### THE BUMP – NIPPLE SHIELD FOR BIG BREASTS

[forums.thebump.com/discussion/1873993/nipple-shield-for-big-breasts](http://forums.thebump.com/discussion/1873993/nipple-shield-for-big-breasts)



### WHAT TO EXPECT - INVERTED NIPPLES

<http://www.whattoexpect.com/forums/breastfeeding/topic/inverted-nipples-713.html>

## REFERENCES

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2. Comprehensive Perinatal Services (CPSP). (2013). Breastfeeding Basics for CPSP Providers. Los Angeles County Department of Public Health.
3. Office of Women's Health. (2012, July 16). Common Breastfeeding Challenges. Department of Health and Human Services. Retrieved from <http://www.womenshealth.gov/breastfeeding/common-challenges/#i>
4. Lauwers, J. and Swisher, A. (2011). Counseling the Nursing Mother: A Lactation Consultant's Guide. 5th Ed. Jones & Bartlett Learning. Sudbury, MA.
5. Olds, S., Marks, L., Eiger, M. (2010). The Complete Book of Breastfeeding. The Miracle of Lactation (pp. 45-56), (4th Ed). New York, NY: Workman Publishing
6. California WIC Breastfeeding Peer Counseling Program. (2010). Peer Counselor Handbook: Mothers Helping Mothers. Retrieved from <http://www.cdph.ca.gov/programs/wicworks/Documents/BF/WIC-BF-PCHandbook.pdf>