



CERES
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Shield Maiden

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IMPORTANT TO READ BEFORE USING YOUR SHIELD MAIDENS

Inspect your guards before use and toss them out if they're damaged or appear at all defective. If problems or pain occur, speak with your lactation consultant or physician.

Clean all parts immediately upon receiving your Shield Maidens and then after use.

Use your Shield Maidens only for their intended use as described in this booklet and do not allow children to access or use them without the supervision of an adult. Children should not play with the Shield Maidens or put them in their mouths. If swallowed, any nipple shield or guard is a choking hazard.

Here to help!

Ceres Chill's Shield Maiden nipple guard is designed to protect mamas' nipples and aid breastfeeding anytime moms and babies face the latching or nipple-soreness challenges that can arise.

Like all Ceres Chill products, Shield Maiden reflects our passion for making your breastfeeding journey simpler and easier to navigate in today's busy world. Sometimes well-designed tools make all the difference!

What Shield Maiden helps with

- Premies without the physiological development to effectively nurse
- Overly fast let-down: helps regulate the amount of milk received by the infant
- Protects damaged nipples while the causes are addressed
- Teaching a baby with a bottle preference to nurse, especially with flat or inverted nipples
- Babies with low muscle tone or recessed jaw
- Tongue-tie, lip-tie, or abnormal palate

How to clean and sterilize Shield Maiden

CLEANING

Clean Shield Maidens and their carrying case by immersing in warm, soapy water and rubbing, or by washing them in your dishwasher on the top rack in a safe, contained area such as a cutlery basket. To make them last longer, don't dry on high heat.

Allow to air-dry or dry with a clean cloth. Once clean and dry, store your Shield Maidens either in the carrying case or another clean, dry container or on a clean, dry surface until you use them next.

STERILIZING

Your Shield Maidens can be used with your chosen sterilizer. However, exceptionally high heat and intensity can be hard on any of your nursing/pumping gear over time.

WHAT THE FDA HAS TO SAY

All breast pump parts that come in contact with breast milk, such as bottles, valves and breast shields, should be cleaned after each use. It isn't possible to completely sterilize breast pump parts at home, even if you boil them. However, sterilization isn't necessary to keep these parts safe and sanitary – you can do that by thoroughly washing away germs and bacteria with liquid dish soap and warm water.

How to use the Shield Maiden nipple guard

PUTTING ON THE SHIELD

If your shield repeatedly or easily falls off, it could be the wrong size. Nipple shields should generally be several millimeters smaller than your pump flange size.

Turn the shield partway inside-out to draw the nipple and areola as deeply into the shield as possible. Make sure that the smooth side is against your breast and the velvety side is facing your baby.

GETTING AND MAINTAINING A GOOD LATCH

It's important while using your shield to encourage your baby to behave as if it is the bare breast.

Encourage your baby to “root” by allowing them to move their head left and right until they identify the nipple.

Touch the tip of the Shield Maiden to your baby's upper lip until they open their mouth wide and lower and extend their tongue.

Allow the baby to latch deeply onto the shield so that its cone is in their mouth.

By following regular breastfeeding recommendations, you will be able to minimize your and your baby's struggles at the bare breast and wean off your nipple shield as soon as possible.

The Shield Maiden shouldn't get pulled in and out of your baby's mouth during use – that's an indication that the nipple shield is too shallow and is being thrust up and pushed forward by the baby's tongue.

Instead of shallow sucking and pulling on a nipple shield, you want your baby to be able to have your nipple and even a portion of your areola compressed in the shield between your baby's hard and soft palate.

Just like with bare breastfeeding, your baby's body position and your position in relation to your baby is crucial.

↙ Raise your baby to breast height.

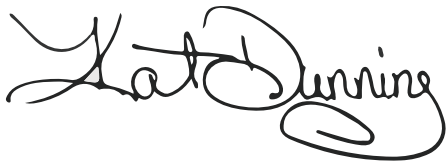
- 2 Place your baby's bottom close to your ribs and under your other breast (other breastfeeding holds may work for you but this traditional one is worth trying initially).
- 3 Hold your baby by the shoulders and base of their skull (not above your baby's ears).
- 4 Hold your baby to keep their chin off their chest.
- 5 With your hand on the same side as the breast you're feeding with (left hand for left breast or if right breast, use your right hand), hold your breast behind your areola with your fingers supporting underneath your breast.

- 6 Press in with your thumb at the juncture of areola and your breast, to tip the nipple at your baby's nose.
- 7 Touch your nipple to your baby's lower lip.
- 8 Wait for your baby to open their mouth wide with their tongue out (a tongue tie will make it hard for your baby to place their tongue out but they will open wide).
- 9 Pull your baby to your breast while their mouth is wide open and their chin is away from their chest.

Your Shield Maidens are intended to be a transitional tool to help continue feeding at the breast, so we want to help ensure you aren't dependent on nipple shields forever – we know how that feels! Another thing to worry about is not what we want for you.

ABOUT THE TIPS AND TRICKS INCLUDED IN THIS BOOKLET

I'm proud to have inspired Ceres Chill to create the Shield Maiden nipple guard, and to have been able to share with you a number of the tips and tricks that I've developed over many years in my work with new moms.

A handwritten signature in black ink that reads "Kat Dunning". The signature is fluid and cursive, with a large loop at the end of the name.

Red Cross Healthy Pregnancy and Healthy Baby Instructor
IBCLC 2004-2019 / 2004 Worldwide High Score
Lactation advisor for over 25 years



Weaning off of your Shield Maidens

We're not going to lie. Weaning off of nipple shields can be really challenging. Whether you continue to use the shields or wean off of them, know that you're doing the best thing for you and your baby. Talking with your doctor, pediatrician and lactation consultant can help you address any underlying, physical barriers to bare-breast nursing.

/ When you bring your baby to your bare breast, make sure your milk is on your nipple and areola. Regular skin-to-skin contact and the smell of your milk at the source will be a big motivator for your baby to nurse at the breast and skip the nipple shield.

- 2 Try bare-breast nursing while holding your baby in the position with their chin off their chest and bottom under your other breast as described earlier in this booklet, when your baby is almost asleep but might be hungry.
- 3 Try initiating bare breast feeding after your baby has been nursing for a few minutes with your nipple shield so they are not as hungry, but still not full. As your baby begins to relax and get a little sleepy, unlatch your baby, pull the shield off and then bring your baby back to your breast without it. The trick is to be fast and smooth which may be the hardest thing in the world depending on how much sleep you have had and how grumpy your baby is!
- 4 In general, try to make sure your baby is not too hungry when you bring your baby to your breast. Hungry babies can become easily

frustrated and upset, and can definitely become even more resistant to nursing. You can almost hear them thinking "bottles are easy. Nipple shields are comfy and familiar. Get this nipple out of my way so I can get some food!"

- 5 If your nipples are inverted, flat or if you have a powerful let-down (lots of milk right away), it might be helpful to try pumping or applying a silicone suction cup before trying to latch your baby on your bare breast.
- 6 This may sound hokey, but be kind to yourself as you take this challenge on. Speak quietly, soothingly, and gently to yourself and your baby as you encourage latching on your bare breast. Try to give yourself some emotional space and understand that this is something you're both learning.

I know from personal experience that it can be upsetting to try to get a baby to latch when you both have become dependent on a nipple shield. I didn't have good advice and never weaned my daughter. I weaned off the shields with my son after he had laser surgery for a severe tongue-tie.

It's easy to say (I made so many mistakes when I was struggling), but: Getting down on yourself, being frustrated, trying to force a latch on a very hungry baby, or being upset and impatient makes things so much harder and more painful for you both. Going back to the shield when things are hard and upsetting isn't a bad thing – it's likely the very best thing you can do for you both!