



# The NIPPLE PINCH TEST

The nipple size and shape can make breastfeeding easier or harder. Most babies will nurse on any nipples without a problem. The Nipple Pinch Test will help you decide if your nipples are normal, flat, inverted or retracted.

- Make a “C” shape with your right hand.

- Place your thumb and the first finger around the areola.

- Push your finger and thumb back into your chest.



- Gently squeeze the thumb and finger together.

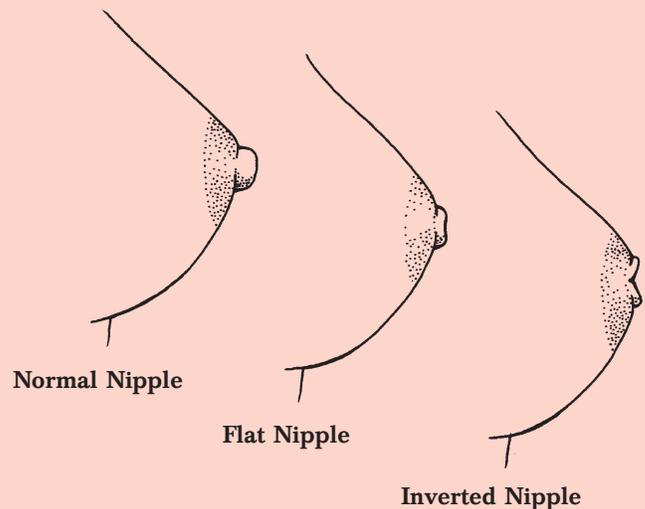
- Use a mirror to look at a side view of both nipples as you do the pinch test.

- When you do the pinch test:

- A normal nipple will move forward.
- A flat nipple will not move forward or backwards.
- An inverted or retracted nipple will move backwards into the breast.

- Some nipples look normal before the pinch test but move backwards or retract into the breast during the pinch test.

- If your nipples look flat, inverted or retracted, you may need to talk to a breastfeeding counselor to discuss ways to help you succeed with breastfeeding.



**For questions or help, talk with your doctor, a breastfeeding counselor or nurse at your county health department, or call the Arkansas WIC Breastfeeding Help-line at 1-800-445-6175.**

