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.