

Organic Nipple Cream for Breastfeeding

Written by Heidi Shayla on May 20, 2021

Many women say nipple pain is the main reason they stop breastfeeding. It is normal in the first days or weeks of nursing, to experience daunting soreness and inflammation. I was lucky to know some grandmotherly women who had had lots of babies back in the days before bottle-feeding was even an option, so they knew some serious tricks. These days, most of those wise women have gone on, but we are fortunate to now have professional lactation consultants available. If you are using a good nipple cream and everything is going smoothly, your discomfort should decrease and then disappear altogether. If the discomfort of nursing increases or continues longer than those first weeks, and definitely if you experience skin breaking or bleeding, consult a professional!

None of those are necessarily breastfeeding deal-killers and you may be able to significantly improve your experience with small changes like adjusting the way your baby latches on or how you hold your child during nursing. If your midwife or doctor doesn't have a good lactation consultant attached to their practice, you can find support through organizations like the La Leche League or your local WIC office. There are also many online support options, including professional lactation consultants that are often covered by insurance.

A nurturing nipple cream made with organic, protective shea and cocoa butters; soothing, moisturizing calendula-infused oil; and skin-loving coconut oil brings serious botanical support to nipples that are working hard to feed a child.

A Quick Note About Nipple Cream Ingredients

Fractionated MCT coconut oil is lightweight and fast absorbing, which makes it ideal for a nipple cream. You want to avoid using heavier oils or butters that leave your skin slick because it can affect how well your baby can latch onto the nipple. Sunflower oil is a good substitute if you don't have MCT coconut oil. Additionally, I opt not to use any form of wax, like beeswax, in a nipple cream because it can leave a residue on the skin that goes into an infant's mouth.

Breastfeeding Cream for Sore Nipples

Makes about 1/2 cup.

Ingredients

- 2 Tbsp. organic refined shea butter*
- 10 wafers organic roasted cocoa butter* (about 23 grams)
- 2 Tbsp. organic calendula herbal oil* or homemade calendula-infused olive oil
- 2 Tbsp. organic fractionated MCT coconut oil*
- 1/2 tsp. organic non-GMO verified vitamin E oil*

Directions

- Combine shea butter, cocoa butter, calendula oil, and MCT coconut oil in the top of a double boiler.
- Gently heat and stir until butters liquify.
- Remove from heat and pour into a bowl. If your kitchen is cool, set aside on counter to partially solidify, or you can put the bowl in the refrigerator.
- When the mixture is starting to solidify near the center (the edges will solidify first), whip with a hand mixer until fluffy. If it is a warm day or your kitchen is warm, it can help to put your bowl in an ice bath and then whip.
- Add vitamin E oil and whip to stiff peaks.

Pro Tip

- If you try to whip the mixture and it's still too liquid, just put it back in the refrigerator. Keep an eye on it at that point because it often sets up quickly then. Whip as normal.

HOW TO USE ORGANIC HERBAL NIPPLE CREAM

1. Let your nipples dry after nursing.
2. Rub a small dollop of nipple cream between your fingers—it doesn't take very much because this spreads nicely with body heat—and gently smooth onto your nipples and areolas.
3. If you are concerned about getting cream on your clothing, put a nursing pad or cloth inside your bra.
4. If the cream has soaked into your skin when your baby wants to nurse next, the ingredients are edible and safe. However, if you have any concerns or if there is still residue, feel free to wipe it away to make sure baby can latch on well.

**These high-quality, organic ingredients can be found at www.mountainroseherbs.com.*