bottle feeding
The information in this leaflet will help you to bottle feed your baby safely.

The cleaning and sterilising instructions apply, whether you are using expressed breast milk or infant formula milk.
All the equipment used for feeding your baby needs to be sterilised.

By sterilising your feeding equipment, you will reduce the chance of your baby getting sickness and diarrhoea.
how to sterilise

Clean and rinse

Clean the bottle and teat in hot soapy water as soon as possible after a feed, using a clean bottle brush.

Rinse all your equipment before sterilising.
cold water sterilising

Follow the manufacturer's instructions.

Change the sterilising solution every 24 hours.

Leave feeding equipment in sterilising solution for at least 30 minutes.

Make sure there is no air trapped in the bottles or teats when putting them in the sterilising solution.

Keep all the equipment under the solution with a floating cover.

steam sterilising

Follow the manufacturer's instructions.

Make sure the openings of the bottles and teats are facing down in the steriliser.

Any equipment not used straight away should be re-sterilised before use.
making up a feed

Before making up a feed, clean the surface you are going to use.

It's really important that you WASH YOUR HANDS.
If you are using a cold water steriliser, shake off any excess solution from the bottle and the teat or rinse the bottle with cooled boiled water from the kettle.

Stand the bottle on a clean surface.

Keep the teat and cap on the upturned lid of the steriliser. Avoid putting them on the work surface.