Sterilisation and safe feeding for your baby

Sterilising your baby’s feeding equipment
- some simple do’s and don’ts

Do...

✅ Make sure kitchen work surfaces are clean before you start making up baby’s feeds.

✅ Wash your hands thoroughly before touching sterilised items.

✅ Before sterilising, wash all bottles, teats and feeding equipment thoroughly in hot soapy water using bottle and teat brushes as soon as possible after use, and rinse well.

✅ Follow the manufacturer’s instructions carefully, whichever type of steriliser you use.

✅ Re-sterilise any equipment that isn’t used straight away.

✅ Keep sterilising solution, tablets and equipment out of the reach of children.

✅ Ask your midwife, health visitor or public health nurse if you have any questions about sterilising your baby’s feeding equipment.
Don’t...

X Don’t save any milk left over after a feed for later – always throw it away.

X Don’t sterilise bottles with caps or teats left on.

X Don’t pick up sterilised teats with your hands – use special tongs and sterilise these too (if you have to use your fingers, try not to touch the nipple end of the teat).

X Don’t keep any teats or dummies that have been worn or damaged by biting.

X Don’t put metal items in cold water sterilisers or microwave sterilisers.

X Don’t store made-up bottles in the fridge door – put them at the bottom towards the back of the fridge where it is cooler, and don’t keep them for longer than 24 hours.

Contacts

Provided as a service to parents and Healthcare Professionals by
SMA Nutrition, Hungercombe Lane South, Taplow, Maidenhead, Berkshire SL6 8PH.

www.smanutrition.co.uk  SMA Careline*, UK: 0845 776 2900, ROI: 1 800 409446

IMPORTANT NOTICE: Breast feeding is best for babies. Infant milks are intended to replace breast milk when mothers do not breast feed. Good maternal nutrition is important for the preparation and maintenance of breast feeding. Introducing casual bottle feeding may have a negative effect on breast feeding and reversing a decision not to breast feed is difficult. Professional advice should be followed on infant feeding, infant milk should always be prepared and used as directed. Unnecessary or improper use of infant milk may present a health hazard. Social and financial implications should be considered when selecting a method of infant feeding.

*Trade Mark

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