

*Sterilising bottles,  
teats and dummies*



## How to sterilise

1. Wash your hands.
2. Wash all the feeding equipment in warm soapy water.



3. Use a bottle brush to remove all leftover milk.

4. Rinse well.



*Until Baby is one year old, you need to sterilise any bottles, teats and dummies to stop germs from making Baby sick.*

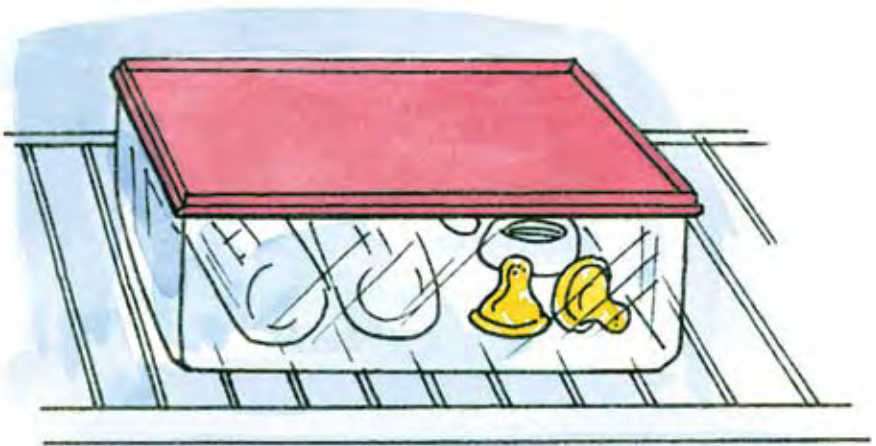
*There are three ways to sterilise: boiling, sterilising chemicals, and steam sterilising.*

## Boiling

- Place all the equipment in a large saucepan and cover with tap water.
- Check there are no air bubbles inside bottles.
- Place the lid on the saucepan and bring to the boil.



- Boil for at least five minutes, making sure that the teats and bottles don't boil dry and melt.
- Turn off the heat and allow to cool.



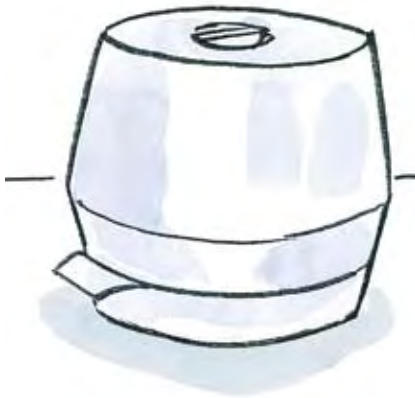
- Store the sterilised equipment in a clean, covered container in the fridge.

## Sterilising chemicals

- Follow the directions to make up the chemical solution.
- Make up a fresh solution every day.
- Make up the solution in a large, clean plastic container.
- Place the equipment into the chemical solution squeezing the solution through the teats to make sure they are not blocked.



- Check there are no air bubbles inside the bottles.
- Completely cover the equipment in the chemical solution. If they float to the top, place something heavy (like a plate) over them.
- Don't put anything metal (knives, spoons) in the chemical solution.
- To use the equipment just remove it from the sterilising solution. You don't need to rinse.



*If you are using a steam steriliser, follow the instructions that come with it.*

## Dummies

- Dummies are not recommended for babies. If you must use a dummy, wait until Baby is at least three months old. By this age, Baby will be used to feeding and won't be confused by using a dummy.



- Sterilise dummies regularly.
- Check teats and replace regularly.
- Don't sterilise teats, bottles and dummies by using a microwave.

Don't put teats or dummies in your mouth to clean them. Your mouth has lots of germs that you don't want to pass on to Baby.

Never dip a dummy in honey or syrup. This can rot Baby's teeth.



**Queensland  
Government**  
Queensland **Health**

*Note: in this pamphlet we talk about Baby as 'she' but all the information in here also applies to boys!*

*For more information contact your local health worker*