

# Sterilising bottles, teats and dummies



*Growing Strong* Feeding you and your baby

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## How to sterilise

1. Wash your hands.
2. Separate the bottle and teat and wash all the feeding equipment, including dummies, 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.

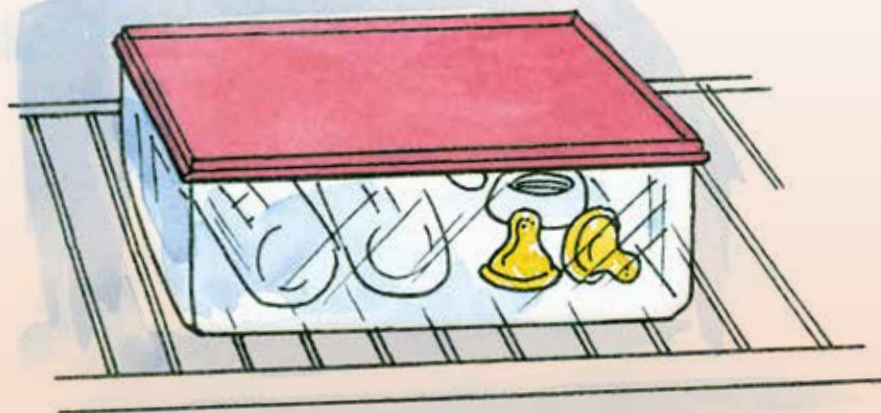
There are three ways to sterilise: **boiling**, **sterilising chemicals**, and **steam sterilising**.

### **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 five minutes, making sure that the pot doesn't boil dry and melt the equipment.
- Turn off the heat and allow to cool.
- Allow to air dry.



- Store the dry 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.
- Separate the equipment and place 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 6 – 8 weeks old. By this age, Baby will be used to feeding and won't be confused by the dummy.



*Don't put teats or dummies in your mouth to clean them. Your mouth has lots of germs that will be passed on to Baby.*

- Sterilise dummies regularly.
- Check dummies for damage and replace when split or broken.

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

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## Feeding you and your baby

For more information contact your local health worker  
or call 13 HEALTH (13 43 25 84).



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