

Cleaning and Sterilizing Feeding Equipment

Keeping Everything Clean

All that equipment you use to feed your baby needs to be kept clean.

Breast pumps should be cleaned according to the manufacturer's instructions. Everything else – including artificial nipples, rings, caps, discs, measuring cups, can openers, storage containers and tongs – can be cleaned and disinfected simply in your kitchen.



DID YOU KNOW

Dishwashers aren't recommended for disinfecting infant feeding equipment.



HOW TO

Clean and disinfect infant feeding equipment

First – clean everything:

1. Wash your hands with soap and warm water.
2. Wash the sink with a clean dishcloth, soap and warm water.
3. Sanitize the counter by mixing 1 teaspoon (5 ml) of bleach with 3 cups (750 ml) of water in a labelled spray bottle. Spray the counter and wipe it with a clean towel.
4. Fill the sink with hot, soapy water.
5. Wash all infant feeding equipment.
6. Scrub the inside of containers and artificial nipples with a clean bottle brush.
7. Rinse everything with hot water and set it on a clean towel.

Then – disinfect everything:

1. Fill a large pot with water. Add the clean items. Make sure everything is covered with water and that there are no air pockets.
2. Bring the water to a boil. Let it boil, uncovered, for 2 minutes.
3. Take out the tongs. Once cool, use them to remove the other items.
4. Set everything on a clean towel to air dry.
5. Once dry, use the items right away. Or store them in a clean plastic bag or on a clean, dry towel covered with another clean towel.

If you use a store-bought disinfectant or sterilizer, follow the manufacturer's instructions.