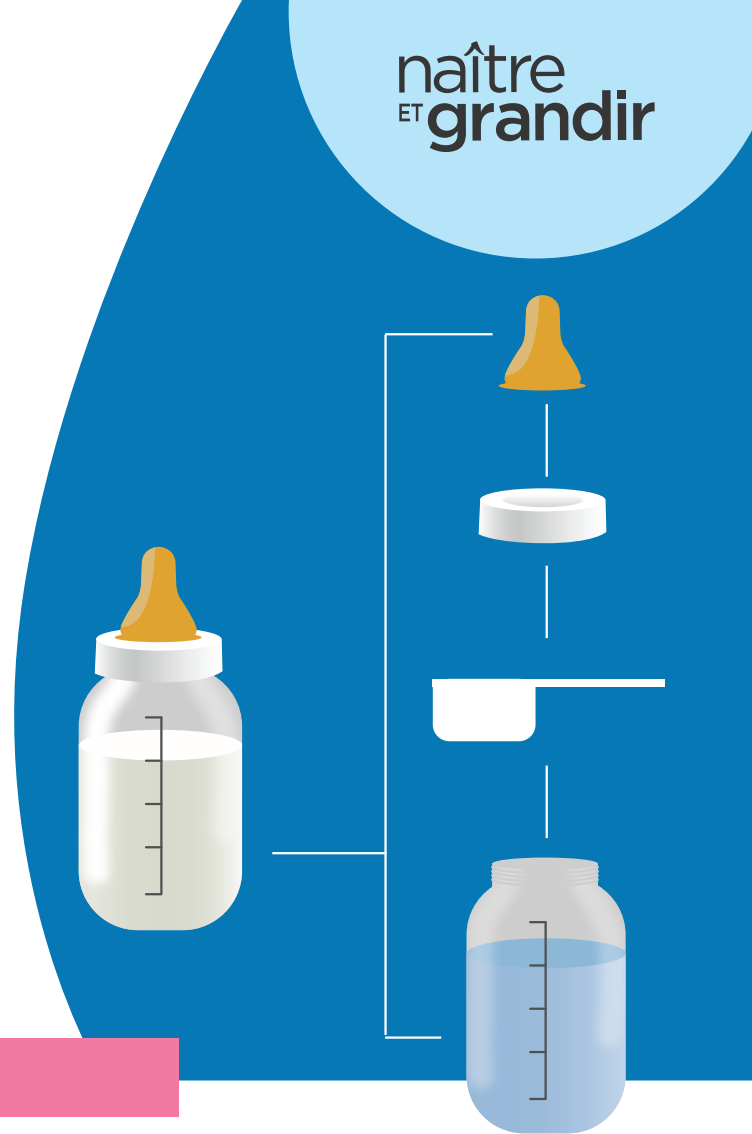


Baby bottles and infant formula

Hygiene rules

When preparing your baby's bottle, it's important to follow certain hygiene rules to avoid contamination.



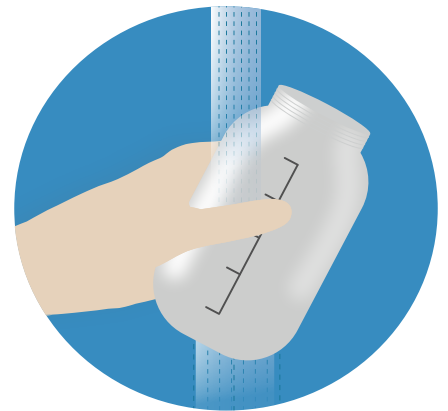
It's important to thoroughly clean bottles and nipples after each feeding to remove any formula residue. This prevents the growth of bacteria.



After each feeding, disassemble the bottle parts and rinse in cold water. Run water through the holes in the bottle nipple.



Clean bottles and nipples with hot, soapy water, using a bottle brush.



Rinse all parts in hot water and leave to air dry on a clean cloth.

STERILIZE

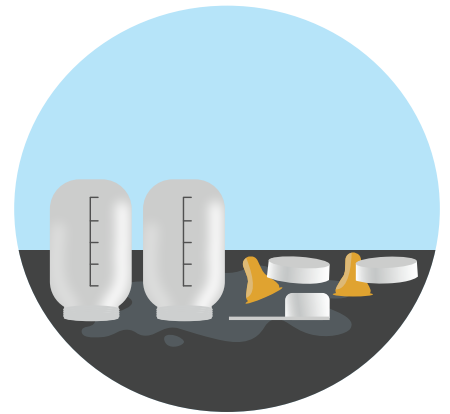
All bottle parts must be sterilized before their first use. Sterilization is also recommended after every feeding if your baby is under 4 months old, as children this age are more vulnerable to bacteria, including those responsible for gastroenteritis.



Place bottles, bottle nipples, caps, and utensils in a saucepan and fill with water. Make sure all parts are completely covered by the water.



Place a lid on the pan. Bring to a boil and boil for 5 minutes. Then, let cool.



Once the water has cooled, remove the parts, let drain, and cover with a clean cloth.

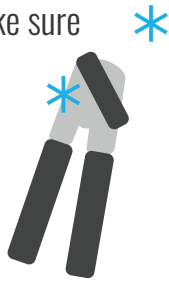
You can also sterilize baby bottles by placing them in the top rack of your dishwasher and running a high temperature wash cycle. Note, however, that latex bottle nipples are not dishwasher safe.

PREPARE

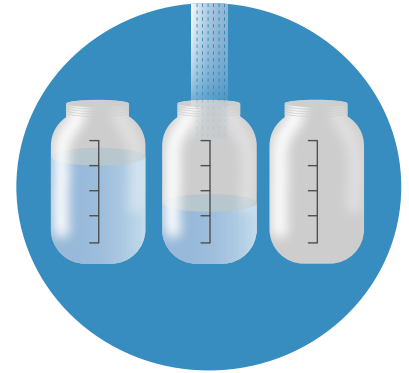
Until your baby is at least 4 months old, always use previously boiled water, and make sure you use the quantities of water and formula indicated by the manufacturer. After the age of 4 months, you can use cold tap water without boiling it first. Never use hot tap water.



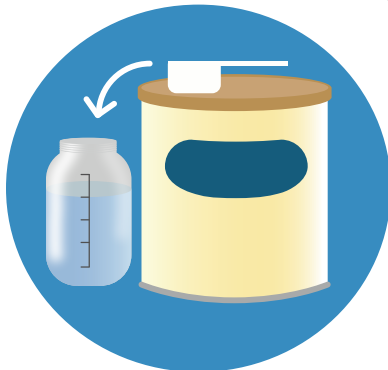
Wash the work surface and your hands. For canned formulas, clean the can with hot water before opening, and make sure the can opener is clean.



Boil water for 1 minute at a rolling boil in a saucepan or a kettle without automatic shutoff.



Fill the bottles with the recommended amount of boiled water. The water should be used within 30 minutes of boiling.



Pour the recommended amount of powder or concentrate into the bottle. Close and shake to mix well.



Cool the bottle under cold running water before giving it to your baby.



Check the temperature of the formula on the inside of your wrist. You shouldn't feel any difference in temperature. Chill if necessary.

Store the bottles you plan to use in the next 24 hours (no more) in the fridge.

WARM

Most babies prefer to drink formula warm until around the age of 10 to 12 months. If you've pre-prepped baby bottles and stored them in the fridge, you can warm them up before feeding your little one.



Place the bottle in a container of hot (but not boiling) water for a few minutes, until lukewarm.



Gently shake the bottle. Check the temperature of the formula on the inside of your wrist before giving it to your baby.

Avoid using a microwave to warm baby bottles, as they tend to heat unevenly.

Keep or toss?

Freshly prepared bottles can be stored for two hours at room temperature. If they haven't been reheated, you can keep them in the fridge for 24 hours (not in the door).

If your baby doesn't finish their bottle, throw away the rest of the formula.

Never freeze infant formula.

Cover opened cans of liquid formula tightly before storing in the fridge, for up to 48 hours. Cans of powdered formula can be stored for one month in a dry place.

What about ready-to-use formulas?

As these products are sterile, they can be handy when you're travelling or don't have access to boiled water. However, they are significantly more expensive than other types of formula.

