Keeping Everything Clean
All that equipment you use to feed your child 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 disinfector or sterilizer, follow the manufacturer’s instructions.