

Milk provides an ideal environment for bacteria to grow. Proper cleaning and sterilisation of feeding equipment help prevent infections.

If a baby consumes milk containing germs, they may become ill. Since their immune system is still developing, they are more susceptible to infections.

Using sterilised bottles and clean equipment reduces the risk of illness. Even if bottles and teats appear clean, they may still carry harmful bacteria.

What Needs to Be Cleaned and When

All bottle parts, teats, and screw caps should be cleaned after each use.

If bottles have not been used for 24 hours, they need to be sterilised again.

Expressing equipment should be cleaned at least once every 24 hours.

If a baby was born prematurely or is unwell, consult a healthcare professional about cleaning and sterilisation methods.

Proper Bottle Washing Technique

Use a bottle brush reserved for this purpose and replace it when worn.

Separate all parts of the bottle and remove the teat from the screw cap.

Use hot water and dishwashing detergent.

Clean all bottle areas, including the screw thread.

Ensure the teat is free from milk residue.

Squeeze hot, soapy water through the teat hole, then rinse with clean water.

Rinse everything thoroughly.

Sterilising Formula Feeding Equipment

The Boiling Method

Place all cleaned bottle parts, including teats, in a large saucepan.

Add enough tap water to cover everything, ensuring no air bubbles remain.

Boil for five minutes with the lid on.

Allow the equipment to cool before removing and air-drying.

Store in a clean, covered container.

The Steam Sterilisation Method

Steam sterilisers heat water to boiling point, killing bacteria with steam.

Place clean bottles and feeding equipment in the steriliser.

Ensure there is enough space for steam to circulate.

Follow manufacturer instructions for water quantity and settings.

If using a microwave steriliser, operate it for the recommended time.

Store sterilised equipment in a clean, covered container.

The Chemical Sterilisation Method

Antibacterial sterilisation solutions are available in liquid or tablet form.

Use a large plastic or glass container to hold bottles and feeding equipment.

Prepare the solution as directed and replace it daily.

Fully submerge the equipment, ensuring there are no air bubbles.

Leave in the solution for the recommended time-rinsing is not required.

Discard the solution after 24 hours and clean the container before preparing a new batch.

Cleaning Expressing Tools

Items that need cleaning:

Milk collection parts of hand pumps, electric pumps, or milk catchers.

All reusable containers used to collect or store breast milk.

Cleaning steps:

Wash and dry hands thoroughly.

Disassemble all containers and breast pump parts.

Rinse in cold water to remove milk residue.

Use hot water, dishwashing detergent, and a bottle brush to remove grease and dirt.

Rinse at least twice with hot water.

Allow equipment to drain on clean paper or cloth towels and air dry, covered.

For electric breast pumps, follow the manufacturer's instructions.

Safe Storage Practices

Store dry, sterilised feeding equipment in a clean, covered container.

Equipment can be kept in the fridge for up to 24 hours but must be re-sterilised daily.

Store clean, dry expressing equipment in a new plastic bag or covered container.

Wash and dry hands before handling sterilised bottles and teats to avoid

contamination.

Tools And Assistance

Sterilisation containers or bags - Useful for keeping bottles and feeding equipment clean and protected after sterilising. Look for ones with secure lids and space for multiple items.

Antibacterial sterilising solutions - Available in tablet or liquid form. Handy for travel or when steam or boiling methods aren't available.

Bottle brushes and teat cleaners - Essential for scrubbing hard-to-reach areas. Replace regularly to ensure effective cleaning.

Dedicated drying racks - Allow sterilised items to air dry hygienically, reducing the risk of recontamination.

Breast pump cleaning accessories - Some brands offer specialized cleaning tools or wipes designed for pump parts and milk storage containers.

Storage containers and milk bags - Use clean, sealable containers or purpose-made milk storage bags for expressed milk. Ensure all items are labeled with the date.

Hand hygiene tools - Mild, fragrance-free soap and clean towels are important for maintaining hand hygiene before handling feeding equipment.

Daily checklists or mobile reminders - Can help parents stay on track with cleaning, sterilising, and milk storage routines.