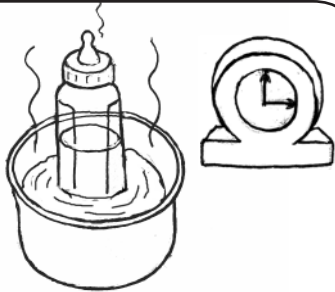


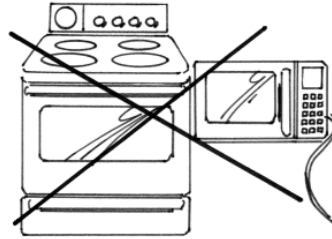
How to feed your baby with a bottle

1



Put bottle in warm water for no more than 15 minutes.

2



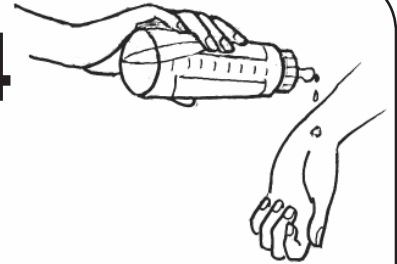
Do not heat bottles on stove or in the microwave.

3



Shake bottle well.

4



Check temperature on your wrist. Let cool if too hot.

5



Check for one drop per second.

6



Watch your baby for early feeding cues (see *Tips for Feeding*).

7



Wait for your baby to open her mouth.

8



Tip bottle slightly so there is no air in nipple.

9



Always hold your baby close in an upright position.

10



Watch your baby swallow. Allow baby to rest.

11



Burp your baby as needed. Stop feeding when your baby shows signs of being full.

12



Throw away what your baby does not drink within one hour. Rinse bottle and nipple.

Toronto Public Health recommends breastfeeding exclusively to six months followed by the introduction of appropriate solid foods and continued breastfeeding for up to two years and beyond.

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How to sterilize equipment

Follow these steps to keep your baby safe
Sterilize equipment until your baby is at least four months old.

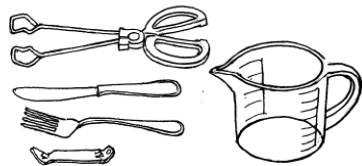
What you need



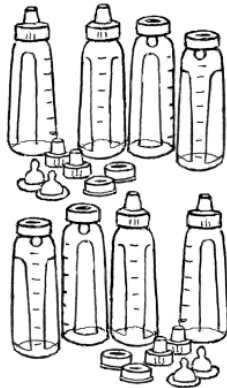
Large pot with lid



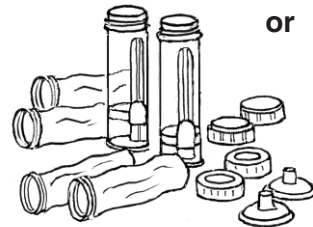
Bottle brush and nipple brush



- Tongs
- Knife
- Fork
- Can opener
- Glass measuring cup



- Glass bottles (if possible)
- Nipples
- Caps
- Rims



If using a disposable system

- Bottle holders
- Rims
- Caps
- Nipples
- Roll of disposable liners

Throw out liners after one use.
Throw out nipples when they become soft and sticky.

*Note: If using disposable bottles, sterilize only nipples, rims and caps.

Steps

1



Wash hands and counter with soap and water.

2



Wash all items in warm soapy water.

3



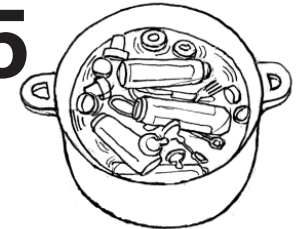
Make sure holes in nipples are not clogged.

4



Rinse well.

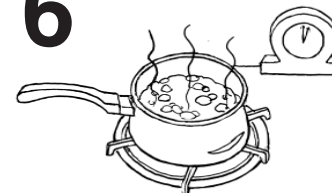
5



Put clean items in a pot. Fill pot with water.

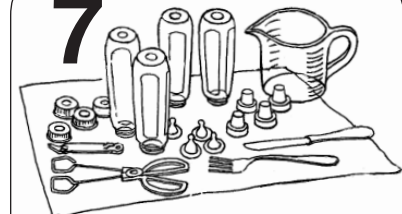
6

2 minutes



Boil for 2 minutes. Keep pot covered until items are needed.

7



Remove items with tongs. Set on a clean paper towel.