Sterilization of feeding equipment is recommended as long as your baby is drinking formula. Sterilization kills the germs that can harm your baby. This should be done every day or in between feeds if you are using the same equipment for more than one feeding.

**STEP 1 – Wash your hands with soap and warm water**

**STEP 2 – Wash all parts with hot soapy water**
This includes baby’s feeding equipment, tongs, can opener, measuring cups and any cutlery you will be using to prepare your baby’s formula.

**STEP 3 – Rinse all equipment with hot water**

**STEP 4 – Boil all equipment for two minutes**
Place all washed parts in a deep pot of water with the lid off.

- Once the water has come to a rolling boil, leave the equipment in the pot for two minutes to sterilize. Turn off heat after two minutes.
- Once cool, use boiled tongs to remove equipment and lay them on a clean cloth to air dry. Use another clean cloth to cover until needed.

If you are using a cup, spoon or lactation aid to feed your baby, please contact the Region of Peel and speak with a Peel Public Health Nurse for information on how to sterilize these devices.

For more information: call Region of Peel—Public Health at 905-799-7700
Monday to Friday 8:30 a.m. to 4:30 p.m.
Caledon residents call free of charge at 905-584-2216
parentinginpeel.ca