

HOW TO SAFELY CLEAN BABY BOTTLES?

Most parents find cleaning baby bottles one of the things they don't enjoy. And we've been there too! They are quite fiddly to clean and have to be hand washed most of the time, and they come with a yucky film of grease left behind by milk residue (fats and proteins) that turn into cloudiness and smelly odour later on.

Here are **5 easy steps** to help you have baby bottles that look clean and smell clean in every wash:

Step 1 – Clean baby bottles starts with a rinse

Clean the baby bottles as soon as possible. But if this is not possible, try to rinse off the leftover milk in the bottle with water.

Rinsing reduces the amount of milk left in the bottle and also reduces the ability of milk fat and proteins to cling on to the plastic. This makes cleaning baby bottles easier later.

Cloudiness and smelly odour are caused by leftover milk fat & proteins

Rinsing the bottles after the feed helps in getting them cleaned later on

Step 2 – Soak bottles and teats in warm soapy water

If you can't wash the bottles now, you can leave them to soak in either a bowl of warm soapy water or fill each bottle with warm water and add a little baby bottle cleaner.

The soaking action helps dislodge those sticky milk fat and proteins from the plastic. This makes washing a lot easier later!

"Moo-ve over cloudy smelly bottles!"



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Step 3 – Brush the bottles and teats

Sadly, this is one step that we cannot get away with. It's a necessary evil, just like when we clean our teeth, we always have to brush, rather than just using a mouthwash!

The good news is that we're making this step easier by using cleaning ingredients that are specifically great at removing milk fat & proteins effectively in just one wash, so you don't need to clean baby bottles over and over again.

Sterilisers only kill the bugs but not the food they're feeding from.

Step 4 – Rinse bottles and teats

Once you're done with brushing, make sure you rinse the bottles and teats well so there are no leftover milk and foam in the bottle.

Cleaning baby bottles is a lot easier with Nimble Milk Buster because it takes less rinses to get rid of the foam.

Step 5 – Sterilise bottles and teats

It is highly recommended to sterilise the bottles and teats as babies under 12 months only have 15-17% of an adult's antibodies. This is your final step in washing baby bottles.

It is best that the bottles and teats are cleaned well before sterilising. Sterilising will only kill bacteria but will not remove the food source of the bacteria, which in this case is milk fat and protein.

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