



HOW TO STERILIZE THE PACIFIERS

When cleaning the pacifier, just follow these three simple steps:

- 1) Put the pacifiers in a clean bowl. Pour them with boiling water.
- 2) Let the pacifiers soak for approx. 5 min.
- 3) Pick them up and let them dry on a clean towel.

The vast majority of pacifiers are with valve. If the nipple has a valve, be sure to squeeze excess water out of the seat part when the nipple is sufficiently cooled.

TIP: When the child is over 3 months old, you can also rinse the pacifier by placing them in a sieve and pouring them with boiling water. This method is partly faster and partly avoids water collecting inside the seat part.

Caution! We often receive inquiries from parents who have followed the National Board of Health's recommendation to cook the pacifier for 5 minutes before first use and daily afterwards. The result is broken pacifiers. **DO NOT COOK.** They are not meant to be boiled and are therefore destroyed by the high heat. Instead, follow the instructions above, and you are sure to kill the bacteria without compromising the durability of the pacifier.

HOW OFTEN SHOULD I CLEAN THEM?

Part of a good pacifier hygiene is frequent cleaning of the pacifiers. The younger the child, the more important it is to protect it from bacteria and to maintain good pacifier hygiene. This is due, among other things, to the fact that the child's immune system has not yet managed to get acquainted with quite a number of different bacteria, and therefore also will not have learned to "defend" against them yet.

Premature infants and babies up to 3 months need more thorough and frequent cleaning than babies over 3 months of age. Therefore, the pacifier must be cleaned more often when the child is under 3 months.

0-3 months: The pacifier must be scaled every time it has been on the floor. In addition, the pacifier must be scalded at least once a day.

3+ months: Rinse the pacifier once a day and rinse it under the cold tap if it has been on the floor.

NOTE
Sterilize the pacifier
by putting it into boiling
water for 5 minutes.
**Only before the
first use.**