



HOW TO STERILIZE THE PACIFIERS

For daily cleaning of the pacifier, just follow these three simple steps:

- 1) Put the pacifiers in a clean bowl and pour over plenty of boiling water.
- 2) Let the pacifiers soak for approx. 5 min.
- 3) Pick them up and let them cool off and dry on a clean towel.

All our pacifiers are equipped with a valve, so be sure to squeeze excess water out of the nipple when it has cooled down.

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, both before first use and daily afterwards. The result is broken pacifiers. **DO NOT COOK.** Natural rubber latex is not meant to be boiled and will be 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 scalded every time it has been on the floor. In addition, the pacifier must be scalded at least once a day.

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

Do not use UV or steam sterilizers for natural rubber latex.

