

# CARE INSTRUCTIONS



Do always inspect the product carefully before each use. Especially when the baby has teeth. Pull the pacifier in all directions. Discard it at the first sign of damage or weakness. Only use dedicated pacifier holders tested to EN 12586. Never attach other ribbons or cords to a pacifier, your baby may be strangled by them. The pacifier is not allowed to be stored in direct sunlight.

We often get inquiries from parents who have doubts about how to clean the pacifiers. There are a lot of more or less qualified advice on how and how often you clean pacifier – so it is with good reason if you feel confused.

We will review how to properly clean the pacifiers, how often they need to be cleaned, and finally kill a couple of swaying myths about cleaning pacifiers.

## HOW TO STERILIZE THE PACIFIERS

When cleaning your pacifiers, just follow these 3 simple steps:

- 1) Put the pacifiers in a clean bowl.  
Pour them with boiling water. Leave them for approx. 5 min.
- 2) Take them up and let them dry on a clean towel.
- 3) Use the towel to press excess water out of the nipple.

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

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 sucking 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:** Sterilize the pacifier once a day and rinse it under the cold tap if it has been on the floor.

