



BABY PACIFIERS HYGIENE TIPS



Dirty pacifiers can be a potential source of many infections. Follow these hygiene tips to ensure that your baby's pacifier is clean.

Wash the pacifier with warm dish soap water at least once a day or if dropped.



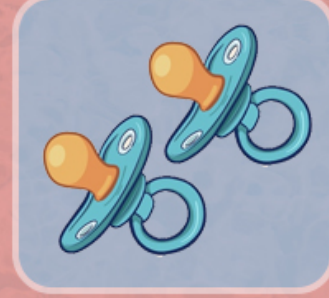
Dry the pacifier before giving it to the baby.

Sterilize the baby pacifier in boiling water for five minutes when using it for the first time.



Do not suck on the baby's pacifier for cleaning.

Have a set of extra clean pacifiers.



Avoid freezing or leaving pacifiers in direct sunlight.

Throw away any worn pacifiers or those having apparent cracks.



Replace the pacifiers every two months.

REFERENCES:

1. How to Clean Your Baby's Pacifier; Cleveland Clinic
2. How to Sterilize Pacifiers; Medela
3. Pacifiers (soothers): A user's guide for parents; Pediatrics Child Health