

## YOUR MILTON MUST HAVES

### Sterilising Tablets

Use with tap water to sterilise all baby feeding accessories. Perfect at home or for travel. No need to rinse.



### Sterilising Fluid

A versatile formula to sterilise baby bottles and accessories. Ideal to disinfect floor and surfaces in the home.

### Antibacterial Surface Wipes

Ideal for quick clean ups. Perfect for the high chair, changing mats or away from home. Cleans and disinfects soothers and teats!



### Antibacterial Surface Spray

Cleans and disinfects all surfaces in the home. Leaves a lovely fresh fragrance.



### Antibacterial Hand Gel

Kills 99.9% of germs in seconds. With a moisturiser. Non sticky.

### Mini Portable Soother Steriliser

Cleans and sterilises soothers on the go. 100% watertight. Comes in 3 colours. Can be easily attached to your buggy or bag.



### Solo Microwave or Cold Water Travel Steriliser

A handy, single bottle steriliser, with unique safety vent technology. Perfect when away from home. Fits all microwaves.



### Combi Microwave or Cold Water Steriliser

Holds up to 5 bottles from most brands. With unique safety vent technology. Sterilises fast!



### Cold Water Steriliser

A large unit to sterilise with Milton Sterilising Tablets and Fluid. Takes bottles from any brand. The maternity method brought into your home!



Any questions: 0800 097 5606  
Contact us on [www.milton-tm.com](http://www.milton-tm.com)

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# STERILISING MADE SIMPLE

Sterilising your baby's feeding equipment, including breast pumps, is an important part of your daily routine and should be done everyday for the first 12 months after your baby is born.

## Why is sterilising important?

Sterilising is a special way of cleaning your baby's feeding equipment to help prevent illness. Everything that goes into your baby's mouth should be sterilised to ensure they are completely free from harmful germs that can make your baby unwell.

During the first 12 months your baby's immune system is still developing which means they are more vulnerable to germs than older children and adults. Common problems are tummy upsets (gastroenteritis), often caused by bacteria breeding in the milk traces left in bottles, teats and pumps, and oral thrush which can lead to sore mouths.



### WHAT DO YOU NEED TO STERILISE

- Bottles & teats
- Breast feeding utensils
- Soothers (dummies)
- Teething rings, small plastic toys and weaning items



### BREASTFED BABIES

Breastfed babies do have a certain amount of immunoglobulin from their mother, however they are not able to create their own which specifically protects against gastroenteritis for at least the first 6 months.

# YOUR STERILISING ESSENTIALS

Milton Sterilising Tablets or Fluid



**Combi** or a cold water steriliser



**Mini** for soothers when out and about

**Solo** for travel



"Absolutely brilliant, ingenious product. Every mum should have one"  
Jo Studholme,  
Editor Mumii



Just add water and away you go!

### THE 3 MAIN STERILISING METHODS:

- Cold water method with Milton Sterilising Fluid or Tablets
- Microwave steam sterilising
- Electric steam sterilising

All 3 methods are as effective at killing harmful germs. As a parent you can make the choice to use one or more methods depending on your lifestyle.



## Sterilising with Milton Sterilising Tablets or Fluid

The Milton Cold Water Method has won more awards than any other sterilisation system and has been trusted by parents, hospitals and midwives for over 65 years. This method is very simple, only uses cold tap water and requires no heating to work.



### 3 easy steps

**1. Clean utensils** thoroughly after each feed with warm soapy water then rinse.

**2. Prepare the Milton Solution** by filling your Milton Combi or cold water steriliser with coldwater. Then for every 5litres of water add 30ml of Milton Fluid, or 1 Milton Tablet.

**3. Add your items** to the solution  
Now you can relax! Everything in the solution will be ready to use after 15 minutes with no need to rinse. You can leave items if needed in the solution for up to 24 hours. You can also pop things in the solution again and again during that time.

“Milton Products have always been a firm favourite on our maternity wards and they are second to none once leaving our care as well. Cold water sterilisation has been used for many years and we use this procedure within our unit. Milton is preferred for its durability, quality and great pricing.”

*Midwife at UHW Cardiff.*



## Sterilising in the microwave with Milton Combi or Solo



Quickly sterilise from 2 minutes in the microwave. With compact designs to maximise space. Innovative pop up safety vent creates more heat inside the sterilisers, which in turn eliminates germs quickly. The Milton Sterilising range gives you the choice to sterilise how and when you want to!



## YOUR CLEAN SOOTHER SOLUTION!

### Mini Portable Soother Steriliser

At last a clever solution to keep soothers clean while out and about! With the Mini you always have a clean soother handy. Cleans and sterilises your dirty soother quickly with no need to rinse. The Mini comes with a handy travel strap so it can be attached easily to a buggy or changing bag.

**TOP FEATURE:** Available in several colours.



**DESIGNED TO BE USED WITH the Mini Sterilising Tablets.**

## Antibacterial Hand Gel

For safe hand hygiene everywhere! Kills 99.9% of germs quickly including bacteria, fungi and viruses. Non sticky with a fresh fragrance.

**TOP FEATURE:** Enriched with a plant based moisturiser, it leaves your hands clean and soft.



## Antibacterial Surface Wipes

Handy for quick clean ups at home or out and about. Effective on bacteria and viruses. Fragrance free. No rinsing required. Perfect to clean and disinfect baby's little world: baby accessories, toys, high chairs, toilets...

**TOP FEATURE:** Disinfect soothers and teats with no need to rinse. Just leave to dry!



## Sterilising Tablets

The simplest way to sterilise at weekends or for travel when space is precious. The Milton Tablets sterilise in 15 minutes with tap water. No rinsing is required. No need to heat up anything, no electricity or microwave required.

**TOP FEATURE:** Formulated with an active ingredient, commonly used to make water suitable for drinking.



## I FEEL GOOD IN A CLEAN & SAFE HOME!

All Milton hygiene products have been formulated to be used around baby. Easy to use, they leave your house clean and protected from germs.



## Antibacterial Surface Spray

Quickly cleans and disinfects all surfaces in the home. It leaves a gentle and fresh fragrance.

**TOP FEATURE:** This 3-in-1 antibacterial spray kills 99.9% of germs.

## Sterilising Fluid

Sterilises all baby feeding equipment in 15 minutes, including toys, weaning items and teething rings with no need to rinse. The solution can also be used to disinfect floors and surfaces in the home. Food safe you can use to disinfect your kitchen: chopping boards, fridges, freezers and work surfaces. You can also disinfect your dish cloths and whiten your stained cups and beakers.

## Antibacterial Surface Wipes

Ideal for cleaning if you don't have much time! Can be used anywhere in the house with no need to rinse: kitchen, bathroom, toilets, high chairs, toys, potties...

**TOP FEATURE:** Can be used on soothers and teats with no need to rinse.



**TOP FEATURE:** The sterilising solution lasts 24 hours which is very economical.

## ARE YOU NESTING?

The 'nesting' instinct is something we hear a lot about, but what exactly is it? Our nesting survey showed that 97% of mums-to-be experience the 'nesting urge', so it could certainly be described as 'normal'! We asked Katie Hilton, expert advisor to the mother and baby industry, a few questions on the topic.



### 1. What is it that causes the nesting instinct in pregnant women?

There is a rise in oxytocin and prolactin flowing through the body in the latter part of pregnancy, which could be a contributing factor. It is also thought to stem from a natural instinct to prepare for birth and the new baby and nature's way of preparing to nurture a child and provide a safe secure environment. Both humans and many animals demonstrate a nesting urge.

### 2. When are you likely to experience this?

Nesting can occur as early as the 5th month of pregnancy, but generally occurs from the 8th month onwards with an increase in the last couple of weeks before delivery. Nesting can continue after your baby is born when you want to stay in your home environment and protect your new baby.

### 3. What are the most common signs of the nesting urge?

Expecting women nest in many different ways. Anything from deep cleaning the entire house, painting rooms, organising cupboards and wardrobes, to cleaning and arranging baby clothes, defrosting the fridge and freezer, cleaning all the tiles in the bathroom, and stocking up the freezer with cooked meals.

### 4. What are the most extreme reactions to nesting that you have come across?

I have come across a number of women who have painted entire rooms alone in the 9th month of their pregnancy, climbing up step ladders to clean high-up locations, and scrubbing bathroom floors on their hands and knees.

## The Milton Nesting Solutions



With the Milton hygiene range you have everything to satisfy your cleaning needs while nesting.



## BABIES ABROAD

Taking your baby away for the first time can be daunting. Milton has a range of easy to carry sterilising and hygiene products to give you peace of mind on your family holiday.



### Sterilising bottles on the go

From trips to the grandparents to days out having a freshly sterilised bottle to hand is not always that easy!

The Milton Solo Travel Steriliser has been designed especially for journeys, overnight stays or just days out. With a watertight lid, the single bottle steriliser can be used in two different ways – as a cold water steriliser or with its unique ‘lay flat’ design, it will fit in any size microwave for speedy sterilisation. Keeps contents sterile for 24 hours!

#### Pop-up safety vent



**TOP FEATURE:** An innovative pop-up safety vent creates more heat inside the Solo, which eliminates germs more quickly. The vent pops up to release the pressure when enough steam is generated.

## Germ protection on holiday

Pop in your suitcase the Milton Antibacterial Hand Gel and wipes to get rid of all nasty germs. Milton will protect you whether you are at a restaurant, by the pool or at a public change facility.



#### OUR TOP TIP

No need to take a bulky steriliser. Just pack Milton Sterilising Tablets and a Milton Solo to sterilise your bottle

