

sterilisers on test ★ Kick-start potty training ★ Banish nits forever

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## minute guide to... STERILISERS

The NHS recommends you sterilise your baby's bottles for the first 12 months – it's also a good idea to sterilise dummies and any bowls/cutlery he uses before the age of six months. Follow the instructions carefully to be sure your equipment is cleaned properly and don't forget if a bottle isn't used straight away, it might need to be sterilised again.

There are three main types of steriliser: electric, microwave and cold water. Electric models typically have a larger capacity but microwave versions are usually cheaper, quicker and take up less room. Cold-water sterilising, using a solution or tablet, can be convenient when travelling but takes up to 30 minutes. The best type for you comes down to budget and how often you'll use it.



**DIGITAL STEAM STERILISER, £60, PHILIPS AVENT**

A workhorse of a steriliser that's especially worth the investment if you'll mainly or wholly bottle feed your baby. Roomy enough to clean a full day's bottles (it takes six), it's also speedy, at six minutes for a one-off cycle. You can set it to run continuously, so there's always a clean bottle ready for the next feed.



### BEST budget electric

**UNIVERSAL STEAM STERILISER, £19.99, LINDAM**

Neither the fanciest nor the fastest steriliser (a cycle takes eight minutes), but a well priced, decent-quality electric steam model with space for six bottles. It comes with tongs, a water-measuring jug and a tray to keep teats and smaller items easily accessible. Ideal for mums on a tight budget.



### BEST for dummies

**SOOTHER TREE, £8.99, CLEVAMAMA**

This clever little box sterilises up to six dummies in the microwave in a super-fast 60 seconds, meaning you don't have to run a larger steriliser for the purpose. Also makes a good place to store clean dummies between uses. As a bonus it comes with two orthodontic silicone soothers.



### BEST for travel

**QUICK CLEAN BAGS, £7.79 FOR FIVE, MEDELA**

These steriliser bags pack away small and can be re-used up to 20 times – that's 100 uses from one pack. Simply put your feeding equipment or dummy in the bag with some water, then microwave for three minutes. The bags only take one bottle at a time, but are great for travelling.



### BEST microwave model

**MICROWAVE STERILISER, £21.99, TOMMEE TIPPEE**

If you only plan on giving your baby one or two bottles a day this is a practical, compact choice. It holds four bottles and works in four to eight minutes, depending on the wattage of your microwave. Keep the lid closed and the contents stay sterile for 24 hours.