



Trainer

Online Shop

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Before first use

- Before the first use, disassemble and clean the products. Place the components in boiling water for 5 minutes, to ensure correct hygiene. See specific cleaning chapter below to find out more.
- Before the first use, gently press on the mouthpiece of the teat/spout, to check if the slits are properly open.
- When first used and sometimes during use, the ventilation slit (in the raised bubble on the underside of the teat/spout base) can stick together. This will prevent air from entering the Trainer+ during feeding and as a result, cause the teat/spout to collapse. Slowly brush over the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.

Cleaning

- Before each subsequent use, disassemble and clean the product carefully in warm soapy water. Rinse well with clean water before sterilising, in order to ensure hygiene. Avoid harmful ingredients in the soap such as alcohol, chlorine, and/or microplastics. Do not leave items standing in the cleaning detergent like soapy water longer than recommended - this could negatively affect the product function.
- Inspect all individual Trainer+ parts before each use and pull the feeding teat/spout in all directions. **Throw away at the first signs of damage or wear.**
- To ensure proper cleaning all Trainer+ parts **MUST** be disassembled. Cleaning while assembled can damage the Trainer+.
- All parts are top rack dishwasher safe (up to 65°C / 149°F).
- Food colourings may discolour components. This does not adversely affect the material.
- Clean the mouthpiece of the spout with special care to prevent damaging the membrane.
- Do not use abrasive cleaning agents. Only soft brushes or soft sponges should be used. Hard scourers may scratch the plastic.
- Ensure no residual food remains in the Trainer+ parts after cleaning.

Sterilising

- **To ensure proper sterilising all Trainer+ parts MUST be disassembled.**
- Clean all Trainer+ parts before sterilising.
- After cleaning, sterilise using one of the following methods: steam sterilising (electric or microwave according to manufacturer's instructions), boiling in water for at least 5 minutes or liquid sterilising solution. After boiling or sterilising allow all parts to cool.
- Do not leave any item (including the feeding teat/spout) standing in sterilising solutions longer than recommended, or leave in direct sunlight or heat - this could negatively affect the product function and may weaken the teat/spout.
- **NEVER** assemble Trainer+ parts when sterilising. This can damage the Trainer and distort the threads where the Trainer screws together.
- Assembling the TEAT/SPOUT: Insert teat/spout into the top of Trainer screw ring until you hear a "click".
- Place the handles over the Trainer neck and screw on ring with spout/teat tightly.

Heating Instructions

- Heat the Trainer+ by one of the following methods: Place in a bottle warmer, under hot running water, in a container of heated water, or in a microwave. Ensure that the grill is off.
- **NEVER** pour boiling water into the Trainer+.
- **NEVER** heat or cool a sealed Trainer+. **Remove the protective cap and spout or teat (with screw ring) before heating, especially before bottle warmer and microwave heating. Do not overheat as this may damage the Trainer.**
- **NEVER** place Trainer+ in a traditional oven. **NEVER** heat the Trainer+ on open flame or fire.
- Take extra care when heating in the microwave, localized over heating can occur. Allow standing time recommended by the microwave manufacturer. Do not place the Trainer+ in the center of the turn table, this could result in an uneven heat distribution.
- After warming the Trainer+, always stir thoroughly to evenly distribute heat.
- Always test the temperature before serving.

Further important information

- The Trainer+ is made of polypropylene which is hygienic, easy to clean and relatively soft. Avoid any heavy pressure on it, as this could affect the function.
- Do not use pin or sharp object to enlarge feeding slits.
- **Replace teats every 1-2 months for safety and hygiene reasons.**
- Always store the Trainer+ dry.
- Store teats/spouts in a dry sealed container.
- Always use only MAM teats/symmetric spout with the MAM Trainer+.
- Use sugar free food or liquids only.
- To avoid injury, do not let baby walk with Trainer+.

- NEVER put your baby to bed with Trainer+. Prolonged contact with liquids may cause severe tooth decay.
- Teat and symmetric spout fit all MAM Bottles and the Trainer+. Handles fit all MAM Bottles and the Trainer+ (except MAM Easy Start™ Anti-Colic 130ml).
- Please retain instructions for future use.

For your child's safety and health

WARNING!

- Continuous and prolonged sucking of fluids may cause tooth decay.
- Always check the food temperature before feeding.
- Throw away at the first signs of damage or weakness.
- Keep components not in use out of the reach of children.
- Never attach to cords, ribbons, laces or loose parts of clothing. The child can be strangled.
- Never use feeding teats as a soother.
- Always use this product with adult supervision.