



# Easy Start

Online Shop

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## MAM Easy Start™

**Tip:** MAM recommend following our instructions carefully and taking note of the highlighted red text, warnings and 'MAM tips': due to the smart design of the bottle which offers great features like self-sterilising and the vented base for reducing colic, it just needs a little more care and attention for use.

### Quick Start

- Before first use, disassemble and clean the product and then place the components in boiling water for 5 minutes. This is to ensure hygiene. See specific chapter to find out more about cleaning.
- Inspect all individual bottle parts before each use and pull the feeding teat in all directions. Throw away at the first signs of damage or weakness.
- Assemble the bottle as per diagram below, ensuring the valve is firmly/correctly pressed down and parts screwed together correctly.



1. Place the silicone valve into bottom ring.



2. Press down firmly on the raised perimeter of the silicone valve.



3. Screw the assembled base onto the bottom of bottle, in a slow and steady manner.



4. Insert the teat into the top of bottle screw ring until you hear a "click".

### Cleaning

- **Before first use place in boiling water for 5 minutes. This is to ensure hygiene.**
- Before first and each use, clean in warm soapy water and 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 affect the product print design and scale fading/coming off. All bottle parts **MUST** be disassembled for proper cleaning. Cleaning/sterilising while assembled can damage the bottle.
- Dishwasher safe on top dishwasher rack (max 65 c) but please be aware food colourants may discolour the bottle components.
- Do not use abrasive cleaning agents. You can clean the bottle parts with a soft bottle brush such as the MAM Soft Brush, which can also be used to gently clean inside the teat. Hard scourers may scratch the plastic.
- Ensure no residual food remains in the bottle parts after cleaning and sterilising.

### Sterilising

- After cleaning, you are now ready to sterilise using one of the following methods: Cold water tablet/liquid solution, boiling for 10 minutes, steam sterilising (electric or microwave according to manufacturers instructions) or self-sterilising.
- UV sterilising of MAM bottles is not recommended.
- **NEVER screw bottle parts together when sterilising or self-sterilising.** This can damage the bottle and distort the threads where the bottle screws together which could cause leaking.
- Do not leave bottle parts in direct sunlight or heat longer than recommended, as this may affect the product function.
- Do not leave bottle in sterilising solution longer than recommended, as this could affect the product print design and scale fading/coming off
- **ATTENTION:** be careful when dealing with disinfected products as they may still be hot.
- Always handle disinfected products with clean hands and/or teat tongs. Teat should not be touched by hands after disinfection.
- **After sterilising, we recommend leaving your bottles to cool for at least 10 minutes before making up a feed.**

### Self-Sterilising

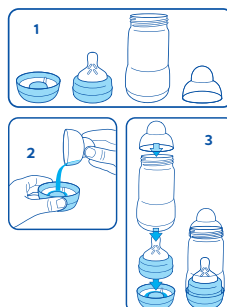
- The self-sterilising feature of the Easy Start Bottle, is proven to be effective for killing common household germs and bacteria. For best results, please follow all instructions carefully:
- Clean thoroughly as instructed above before self-sterilising.

**Step 1:** After cleaning, assemble bottle parts in the following way: base with white silicone valve, teat with screw ring/collar, bottle body and lid.

**Step 2:** Using the scale on the bottle lid, measure 20mls of tap water and pour this into the base (with white valve).

**Step 3:** Place the screw ring/collar with teat on the bottle base with water. Place and rest the bottle body over this. **(DO NOT SCREW DOWN)**. Place the lid on top – your bottle is now ready for self-sterilising.

- Set your microwave timer according to how many bottles you are simultaneously cleaning. Set microwave from 500 to 1000 Watts.



Number of bottles sterilised at the same time	1	2	3	4	5	6
Estimated duration of sterilising [min]	3	4	5	6	7	8

- After self-sterilising allow bottle to cool down before removing from the microwave.
- **Recommended cooling time at least 10 mins with opened microwave door.** Be careful to hold the base and keep the bottle straight when removing from the microwave to avoid spilling any left over hot water.

After the process is complete, if the bottle is left as assembled in step 3, it will remain disinfected for up to 48 hours. When self-sterilising on the go, you should self-sterilise, assemble your bottle and make up your feed straight after self-sterilising.

- After cooling time and using the bottle straight away: remove from the microwave and pour away any leftover water carefully. Shake parts to remove excess water.
- When assembling do not worry about some water remaining on the bottle parts, this has been disinfected.

#### **Self-Sterilising – IMPORTANT FACTS**

- Follow the user manual instructions for your microwave/device.
- **Ensure that all parts from the self-sterilising bottle and microwave (including waveguide cover and turntable) are COMPLETELY clean and free from dirt, food residue, fat or oil splashes.** If not this could lead to the product melting, the microwave sparking or the waveguide cover burning!
- The self-sterilising bottle should always be placed on the outer sides of the turn plate, and not in the centre of the plate as this could result in uneven heat distribution for disinfection.
- Do not leave your microwave unattended during the sterilising process.
- Never self-sterilise your bottle without water or incorrect water level; please be sure to use exactly 20mls of tap water.
- Always set the microwave to the correct power and time. If using a combination microwave, ensure the bottle is not exposed to the heat of the grill because this will damage it.

#### **Making up your bottle – Formula Feeding**

- **NEVER PREPARE A BOTTLE WITH A BABY/TODDLER PRESENT/CLOSE**
- **NEVER POUR BOILING WATER INTO THE BOTTLE**
- Make sure you leave your sterilised bottle to cool for at least 10 minutes before making up a feed in it.
- After you have cleaned/sterilised your bottle you are now ready to make up your bottle making sure all parts are assembled correctly/tightly.
- Fill the kettle with at least 1 litre of fresh tap water (do not use water that has been boiled before). Once boiled, the water should be left to cool for at least 20 minutes up to 30 minutes\*. NHS recommend a temperature of 70°C when making up a bottle. \*(Cooling time of at least 20 minutes is suggested by MAM for the boiled water to cool enough to be used for making up a bottle, however depending on the volume, the water still may be very hot after this time and you must be careful to avoid scalding.)

**Tip:** If sterilising and making up a feed in one go, we recommend: Start by boiling the kettle. While this is boiling and cooling for at least 20 minutes up to 30 minutes (as instructed above), you can sterilise your bottle and leave this to cool for at least 10 minutes before assembling and pouring in the cooled water from your kettle. **It is extremely important not to pour boiling water into the bottle, especially while it is still very hot from sterilising.**

- Follow instructions included in your formula pack/tub to know how much formula/water is needed.
- Once you have put in your formula and cooled down boiled water, place the teat with collar and lid on top and mix together formula and water. To do so, either gently shake the bottle over a sink and away from you and baby or stir it with a spoon to avoid any air bubbles which might cause colic.
- We recommend wrapping a towel/cloth around the base when shaking.
- **WARNING:** Boiled water that has not been left to cool long enough (at least 20 minutes / as instructed above) can cause a considerable amount of pressure to build up in the bottle; this could cause the base to become loose and cause accidents. There is a serious risk of scalding if you do not leave the water in the kettle to cool for at least 20 minutes, however depending on the volume, the water still may be very hot after this time and you must be careful to avoid scalding. – Especially if you have not allowed your bottle to cool after sterilising.
- Before feeding to your baby, you should check the bottle is tightly screwed together and test the temperature of the milk. – You are now ready to feed your baby.

**Tip:** MAM Recommend, after the initial 5 seconds of gently shaking, it might be worth undoing the lid, teat and collar to release any build-up of pressure caused by the hot water, you may notice the build-up of pressure from the teat expanding.

#### **Heating/Cooling**

- Heating/cooling methods: Bottle warmer, jug of water, running water. Never place in heated oven. NEVER heat the bottle on open flame or fire.
- Do not overheat as this may damage the bottle
- NHS do not recommend warming in a microwave as this can cause hot spots in the milk.
- After heating milk, stir thoroughly or gently shake to evenly distribute the heat. Always check feeding temperature before giving this to your baby. NEVER heat the bottle with food in it above 70°C.
- **NEVER heat or cool a sealed bottle: You MUST remove the lid/teat and collar as a whole beforehand**

**Tip:** MAM recommend, after heating, wrap a cloth or towel around the bottom of the bottle to absorb any excess water and ensure base is tightly screwed on.

**Breastmilk use and storage:**

- You can store your breastmilk in the Easy Start Bottle in the fridge for up to eight days at 4C or lower.
- The Easy Start Bottle is not suitable for storing milk in the freezer. We recommend using the MAM Storage Solution Pots for freezer storing.

**Sterilising/how long will my bottle remain disinfected?**

- Refer to your steriliser instruction leaflet for sterilising times and information.
- Bottles that are self sterilised remain disinfected for up to 48 hours, depending on the cleanliness of hands, surfaces and environmental factors.
- Once a bottle has been removed from a steriliser, the bottle should be used to make a bottle straight away, in keeping with cooling times and safe bottle preparation as stated within these instructions.
- MAM recommends storing all bottles dry, assembled and away from direct sunlight or heat and in a cool and dry environment.

**WARNINGS: For your child's safety and health WARNING!**

- Always prepare a bottle away from baby!
- Serious risk of scalding if Self-Sterilising & Making up your bottle instructions are not followed correctly.
- Always use this product under adult supervision, never leave baby alone with this product.
- Never use feeding teats as a soother
- Never attach to cords, ribbons, laces or loose parts of clothing. The child can be strangled.
- Continuous and prolonged sucking of fluids will cause tooth decay – do not put baby to bed with a bottle.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children
- Throw away at the first signs of damage or weakness.
- NEVER heat or cool a sealed bottle: You MUST remove the lid/teat and collar as a whole beforehand.

**Other advice:**

- The bottle lid is a possible suffocation hazard. Keep out of reach of children.
- The bottle is made from a soft plastic called polypropylene which is hygienic and easy to clean. Avoid any heavy pressure on it, as this may affect the function.
- Do not use a pin or other sharp object to enlarge the feeding hole of the teat.
- Teats MUST be replaced every 1–2 months for hygiene & safety reasons.
- Do not let babies self-feed
- Only use MAM teats with the MAM bottles. Bottle teat fits all MAM wide neck bottles and the Trainer.
- Use sugar free foods or liquids only
- To avoid injury do not let baby walk around with the bottle
- Do not put your baby to bed with a bottle. Prolonged contact with liquids may cause severe tooth decay.
- On first use and sometimes during use, the ventilation slit (in the raised bubble on the underside of the teat base) can stick together. This will prevent air from entering the bottle during feeding and as a result, cause the teat to collapse. Slowly brush over or pinch the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.