Kitchen, high chair & bottle checklist

Feeding gear goes in and out of the sink all day. Here's a routine that's easy to keep up with when you're tired, plus a weekly reset for the high chair.

Bottles & pump parts

- [ ] Wash your hands first
- [ ] Take everything apart: nipples, rings, caps, valves
- [ ] Rinse under running water
- [ ] Wash in a basin you only use for bottles, with hot soapy water and a bottle brush, or in the dishwasher if the parts say dishwasher-safe
- [ ] Squeeze water through the nipple holes
- [ ] Let everything air-dry on a clean towel or rack
- [ ] Put parts away only once they're fully dry
- [ ] Ask your pediatrician if you need to sanitize, especially for a newborn or preemie

High chair, after meals

- [ ] Take off the tray and wash it
- [ ] Wipe the seat, straps and buckle
- [ ] Check under the seat pad for hidden food
- [ ] Let it dry before the next meal

Kitchen, daily

- [ ] Wipe the counter where you make bottles
- [ ] Rinse the bottle brush and basin and let them dry
- [ ] Swap sponges often, or use cloths you can launder
- [ ] Keep dishwasher detergent up high

Weekly

- [ ] Give the high chair a full clean, following its manual
- [ ] Wipe fridge handles and cabinet pulls
- [ ] Scrub the sink and drain area
- [ ] Wash straw cups and silicone bibs, including inside the straws

Not medical advice. Follow product labels. Poison Help: 1-800-222-1222