

## Приготвяне на храната за Вашето бебе

Preparing food for your baby:

For the health of your baby, carefully follow the instructions for preparation. Improper use or preparation can damage the health of your baby. 1. Always wash your hands and sterilize all dishes and utensils you use to prepare food by boiling for 10 minutes. 2 Boil clean drinking water for 10 minutes and cool it. Pour the recommended amount of boiled and cooled water in the table into a sterilized feeding bottle. 3. Use the measuring spoon from the package to measure the milk powder. Level the powdered milk with it, removing the excess through the edge of the special equalizer built into the box. Do not squeeze the milk or overfill the spoon. 4. Add to the water bottle the recommended number of equalized measuring spoons of powdered milk in the table with feeding instructions. Close the bottle. Shake vigorously and vertically for about 10 seconds until the dry substance is completely dissolved. (Turning the bottle or shaking it in a circle is not enough). 5. Cool the milk bottle under running water. Check the temperature of the milk (37 ° C) by dripping on the inside of your wrist. Use the milk for feeding immediately after its preparation.

