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Content

1. Soother & Soother Accessories	3
2. Bottle & Bottle Accessories	6
3. Breastfeeding	17
4. Cups & Cup Accessories	20
5. Feeding	23
6. Oral Care	25
7. Developmental Toys	27
8. Cleaning & Sterilising	28

1. Soother & Soother Accessories

Start / Original / Air / Perfect all sizes

These products meet the requirements of European Standard EN 1400.

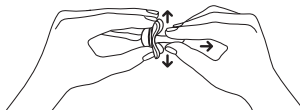
Instruction for use:

- Before first use boil in water for 5 minutes or sterilise. Allow to stand for a further 5 minutes before giving it to baby.
- During cleaning a small amount of water may enter the teat. This can be expelled by squeezing the teat. This is to ensure hygiene.
- Clean before each use.
- Do not use aggressive cleaning agents.
- Never dip the teat in sweet substances or medication. This can cause tooth decay.
- To ensure safety and hygiene replace the soother every 1-2 months.
- Do not worry if the soother becomes lodged in the mouth. It can not be swallowed and is designed to cope with such an event. Remove as gently as possible.
- MAM recommends giving up soother usage at 3 years of age.

For your child's safety and health

WARNING!

- Inspect carefully before each use. Pull the soother in all directions. Throw away at the first signs of damage or weakness.
- Only use dedicated soother holders tested to EN 12586. Never attach other ribbons or cords to a soother, your child may be strangled by them.
- Do not leave a soother in direct sunlight or near a source of heat or leave in sterilising solution for longer than recommended, as this may weaken the teat.



Night / Perfect Night all sizes

These products meet the requirements of European Standard EN 1400.

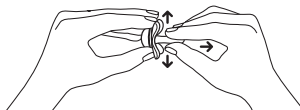
Instruction for use:

- Before first use boil in water for 5 minutes or sterilise. Allow to stand for a further 5 minutes before giving it to baby.
- During cleaning a small amount of water may enter the teat. This can be expelled by squeezing the teat. This is to ensure hygiene..
- Clean before each use.
- Do not use aggressive cleaning agents.
- Never dip the teat in sweet substances or medication. This can cause tooth decay.
- To ensure safety and hygiene replace the soother every 1-2 months.
- Do not worry if the soother becomes lodged in the mouth. It can not be swallowed and is designed to cope with such an event. Remove as gently as possible.
- Keep the soother in daylight – not direct sunlight – during the day so that the knob glows in the dark.
- MAM recommends giving up soother usage at 3 years of age.

For your child's safety and health

WARNING!

- Inspect carefully before each use. Pull the soother in all directions. Throw away at the first signs of damage or weakness.
- Only use dedicated soother holders tested to EN 12586. Never attach other ribbons or cords to a soother, your child may be strangled by them.
- Do not leave a soother in direct sunlight or near a source of heat or leave in sterilising solution for longer than recommended, as this may weaken the teat.



Latex soothers

These products meet the requirements of European Standard EN 1400.
Produced from natural rubber latex. Keep away from sunlight and heat.

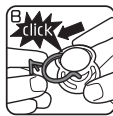
Steriliser Box Single

Instruction for use:

- Remove tamper-proof closure and any stickers from the box.
- Perfect:** Remove any stickers from the box.
- Wash soother and box with mild soapy water and then rinse with clear water before use. This is to ensure hygiene.
- When using the self-sterilising method, please ensure the soother, box and microwave (including the 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 or box melting and the microwave sparking or the waveguide cover burning!
- First, hold box and fill to the mark with 25ml / 0.9 fl oz of water (Fig. A).
- Next, firmly attach the holding clip to the soother (fig. B) and then place the device in the box with the teat facing down (Fig. C).
- Close box and heat in the microwave at 750 – 1000 watts.
- Set the microwave timer according to the number of boxes and soothers being simultaneously sterilised.

Number of Single Boxes	1	2	3	4	5	6
Recommended sterilising time in minutes	3	5	6	7	8	9

- Follow the user manual- instructions of your microwave. Don't put the steriliser box at the center of the turntable. Don't leave your microwave unattended during sterilisation process! Stop the microwaving- process immediately if whole water is vaporized.
- Allow to cool for at least 5 minutes.
- Open microwave. CAUTION! The box, water and soothers may still be very hot after the 5 minute cooling period!
- After microwave sterilising, soothers kept in the closed box will remain disinfected up to 48 hours.
- Check the temperature of the soothers before use!
- Improper water level, power level or time setting can damage the microwave, soothers and box and result in poor disinfection!
- Retain holding clip for future use. In case of sterilisation without holding clip place soother in the box with the teat facing down.
- Keep steriliser box away from children.



Disinfected in 3 minutes – for up to 48 hrs.



750 – 1000 W

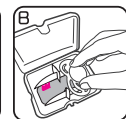
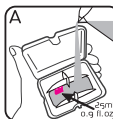
Steriliser Box Double

Instruction for use:

- Remove tamper-proof closure and any stickers from the box.
- Wash soother and box with mild soapy water and then rinse with clear water before use. This is to ensure hygiene.
- When using the self-sterilising method, please ensure the soother, box and microwave (including the 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 or box melting and the microwave sparking or the waveguide cover burning!
- First, hold box and fill to the mark with 25ml / 0.9 fl oz of water (Fig. A).
- Next, place soother(s) in the box with the teat facing down (Fig. B).
- Close box and heat in the microwave at 750 – 1000 watts.
- Set the microwave timer according to the number of boxes and soothers being simultaneously sterilised.

Number of Double Boxes / Number of Double Boxes	1	2	3
Recommended sterilising time in minutes / Recommended sterilising time in minutes	3	7	9

- Follow the user manual- instructions of your microwave. Don't put the steriliser box at the center of the turntable. Don't leave your microwave unattended during sterilisation process! Stop the microwaving- process immediately if whole water is vaporized.
- Allow to cool for at least 5 minutes.
- Open microwave. CAUTION! The box, water and soothers may still be very hot after the 5 minute cooling period!
- Open box and drain remaining water. Leave soothers to dry in slightly open box.
- After microwave sterilising, soothers kept in the closed box will remain disinfected up to 48 hours.
- Check the temperature of the soothers before use!
- Improper water level, power level or time setting can damage the microwave, soothers and box and result in poor disinfection!
- For use only with MAM Soothers!
- Keep steriliser box away from children.



Disinfected in 3 minutes – for up to 48 hours.



750 – 1000 W

Clip, Clip & Cover

The clip meets the requirements of EN 12586: 2007.

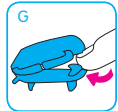
Instruction for use:

- When used with a MAM or other button soother, press the ring over the button of the soother (Diagram A).
- When used with a soother with handle, put the transparent ring over the whole handle of the soother (Diagram B), or attach the ribbon directly to the soother handle, using the hook & loop fastener (Diagram C).
- The hook & loop fastener securely holds not only soothers but also teethingers, small toys and much more (Diagram D).
- The clip fastener is opened by moving the slider towards the leash and closed by clicking the slider towards the rounded end (Diagram E).
- The clip should only be attached to garments.
- The clip fastener should always be stored and cleaned in the open position to avoid the clip spring losing its strength. Do not store in the closed position.
- Regularly clean the clip with warm water and mild cleaning agent. Rinse thoroughly. DO NOT BOIL, steam or microwave sterilise.
- Do not use solvents or abrasive cleaning agents as these could damage the product.



Clip & Cover

- Clean the teat cover in the same way as the clip or clean in the dishwasher. The teat cover can also be sterilised by boiling (5 min.), or in a microwave steriliser or steam steriliser. Remove the teat cover from the leash before sterilising or dishwashing.
- Open the teat cover by twisting it when clipped onto the soother teat (Diagram F). When not clipped onto the soother teat, open it by pushing your finger inside the opening (Diagram G).



For your child's safety and health

WARNING!

- Before each use check carefully. Throw away at the first signs of damage or weakness.
- Never lengthen the soother holder!
- Never attach to cords, ribbons, laces or loose parts of clothing. The child may be strangled.
- The use of a clip when baby is sleeping or in bed, crib or cot is not recommended.
- Ensure both ends of the clip are fastened before leaving your child unattended.
- The clip should not be used as a teether or toy.

Clip it!, Clip it! & Cover

The clip meets the requirements of EN 12586: 2007.

Instruction for use:

- When used with a MAM or other button soother, press the ring over the button of the soother (Diagram A).
- When used with a soother with handle, put the transparent ring over the whole handle of the soother (Diagram B).
- The flexible loop securely holds not only soothers but also teethingers, small toys and much more (Diagram C).
- The clip fastener is opened by moving the slider towards the leash and closed by clicking the slider towards the rounded end (Diagram D).
- The clip should only be attached to garments.
- The clip fastener should always be stored and cleaned in the open position to avoid the clip spring losing its strength. Do not store in the closed position.
- Regularly clean the clip and the flexible ring with warm water and mild cleaning agent. Rinse thoroughly. DO NOT BOIL, steam or microwave sterilise.
- Do not use solvents or abrasive cleaning agents as these could damage the product.
- The length controller can be used to lengthen or shorten the clip leash by simply pulling it up or down along the leash.
- Do not worry if your child's arm, wrist or finger gets stuck in the loop of the strap. Remove as gently as possible. The textile loop will not cause any harm.



Clip it! & Cover

- Clean the teat cover in the same way as the clip or clean in the dishwasher. The teat cover can also be sterilised by boiling (5 min.), or in a microwave steriliser or steam steriliser. Remove the teat cover from the leash before sterilising or dishwashing.
- Position the teat cover directly over the soother teat and close. The teat cover is securely attached when it snaps together around the base of the teat, directly behind the soother shield.
- Open the teat cover by twisting it when clipped onto the soother teat (Diagram E). When not clipped onto the soother teat, open it by pushing your finger inside the opening (Diagram F).



For your child's safety and health

WARNING!

- Before each use check carefully. Throw away at the first signs of damage or weakness.
- Never lengthen the soother holder!
- Never attach to cords, ribbons, laces or loose parts of clothing. The child may be strangled.
- The use of a clip when baby is sleeping or in bed, crib or cot is not recommended.
- Ensure both ends of the clip are fastened before leaving your child unattended.
- The clip should not be used as a teether or toy.

MAM Pod

No metal parts. Only plastic materials. PVC free. Materials conform to EN 71-3

- Clean before each use by rinsing the MAM Pod under warm water using mild soap or hand dishwashing detergent. Do not use the rough side of sponge.
- Rinse thoroughly – dry afterwards.
- As the pod is a reusable packaging and no childcare product, keep the pod out of the reach of children.
- Never lengthen the leash as this could present a strangulation danger.
- Throw away at first signs of damage.



2. Bottles & Bottle Accessories

Easy Start Anti-Colic

This product meets the requirements of European Standard EN 14350.

Instruction for use:

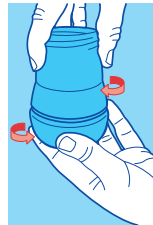
- Clean before first and each subsequent use.
- Before first use separate all 6 parts and place them in boiling water for 5 minutes. This is to ensure hygiene.
- Check all components before each use and throw away at the first signs of damage or weakness.
- To ensure proper cleaning/sterilising all bottle parts MUST be disassembled.
- Cleaning/sterilising while assembled can damage the bottle.
- Dishwasher safe on top dishwasher rack (max. 65° C / 149 F) but food colourings may discolour components
- Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used. Hard scourers may scratch the plastic.
- Sterilising 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 immersing in a liquid sterilising solution.
- Do not leave items standing in any cleaning solution for longer than recommended – this could negatively affect the product function.
- The bottle 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 hole of teat.
- When first used 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 the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.
- Ensure valve is assembled correctly and the base of the bottle is firmly attached prior to filling bottle with liquid (see figure 1, 2 &3).
- Do not let babies self-feed.
- Store teats and valves in a dry sealed container.



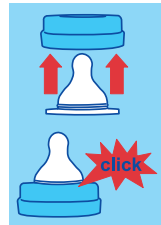
1 Place white silicone valve into bottom ring.



2 Press down on raised perimeter of silicone valve.



3 Screw assembled base onto bottom of bottle in slow steady manner.



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

- Do not leave single bottle parts in direct sunlight or heat.
- Always use only MAM teats with the MAM bottles.
- Use only sugar free food or liquids.
- To avoid injury, do not let baby walk with bottle.
- Do not put your baby to bed with bottle. Prolonged contact with liquids may cause severe tooth decay.
- Bottle teat fits all MAM wide neck bottles and the Trainer.

Heating instructions:

- NEVER pour boiling water into the bottle.
- Place in a bottle warmer, under hot running water or in a container of heated water
- NEVER heat or cool a sealed bottle. Remove the protective cap and teat (with screw ring) before heating, especially before bottle warmer and microwave heating. Do not overheat as this may damage the bottle.
- Take care when heating in the microwave.
- Stir thoroughly after heating to evenly distribute heat. Allow the standing time recommended by the microwave manufacturer. Test the temperature before serving.
- Wrap cloth or towel around bottom of bottle and shake to absorb any excess water after warming in a bottle warmer or boiling water.
- After warming the bottle in a bottle warmer or boiling water it is recommended to tighten the bottom of the bottle.
- Do not place bottle in heated oven.

For your child's safety and health

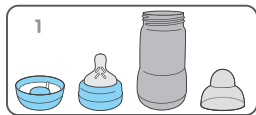
WARNING!

- Always use this product with adult supervision.
- Never use feeding teats as a soother.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children.

Self-sterilising function of Easy Start:

The self-sterilising function of the Easy Start is proven to be effective for killing common household germs and bacteria. This method is completely sufficient and safe. For the best results, please follow all instructions carefully and use only as directed.

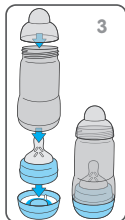
This practical and time-saving function can be achieved in 3 simple steps. Always thoroughly clean individual bottle parts before beginning this process!



Step 1: Assemble clean bottle parts as follows: base with silicone valve, teat with screw ring, bottle body and lid.



Step 2: Fill the base with silicone valve with 20 ml of cool water. The protective cap makes a practical measuring cup.



Step 3: Place the screw ring with teat in the bottle base. Place the bottle body on it (optionally screw in slightly to avoid pouring out hot water by removing the bottle from microwave). Place the protective cap on top.

Sterilising in the microwave:

- Set the microwave timer according to the number of bottles being simultaneously cleaned. 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

- Allow bottle to cool down before removing from microwave. Recommended cooling time: 10 minutes at opened microwave door.

After the process is complete, the Easy Start bottle remains disinfected up to **48 hours** after self-sterilising in the microwave, provided that it stays assembled as shown on Step 3.

- Pour away the leftover water from the base. Allow bottle parts to dry.
- Always store bottle assembled.

Additional Instructions:

- Follow the instructions in the user manual of your microwave or multifunctional 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 only be placed on solid and flat surfaces.
- Do not put the self-sterilising bottle in the center of the turntable as this could result in an uneven heat distribution.
- Do not leave your microwave unattended during the sterilising process.
- Never place the device in the microwave without water
- Stop the microwaving process immediately if all the water has been vaporised!
- Filling the base with too much or not enough water can damage the bottle.
- Always set the microwave to the correct power and time.
- If using a combination microwave oven, ensure that the self-sterilising bottle is not exposed to the heat of the grill because this will damage it.
- TAKE CARE when handling recently disinfected items: they may still be hot.
- Wash hands before touching disinfected items.
- Always store the bottle dry.
- Hold the self-sterilising bottle upright when removing from microwave to avoid spilling out hot residual water.
- Do not wash self-sterilising bottle after disinfection. Do not touch the teat after disinfection. Handle teat by using the screw ring.

Feel Good – Premium Glass Bottle

This product meets the requirements of European Standard EN 14350.

Instruction for use:

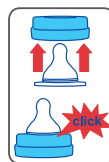
- Clean before first and each use.
- Before first use place all components separately in boiling water for 5 minutes. This is to ensure hygiene.
- Check all components before each use and throw away at the first sign of weakness, cracks or glass fragments inside and outside the bottle.
- To ensure proper cleaning/sterilising all bottle parts MUST be disassembled.
- Cleaning/sterilising while assembled can damage the bottle itself or the plastic components.
- Clean the bottle thoroughly before sterilising.
- Dishwasher safe on top dishwasher rack (max. 65° C) but food colourings may discolour plastic components.
- Do not place glass bottle on the top rack of the MAM microwave steriliser as the weight of the bottle could deform the rack.
- Do not use abrasive cleaning agents or any metal utensils for cleaning or stirring contents. This can damage the glass and/or the printing.
- Only soft bristle brushes or soft sponges should be used to avoid damaging the glass and/or the printing.
- Sterilising using one of the following methods: steam sterilising (electric or microwave according to manufacturers instructions), boiling in water for at least 5 minutes or liquid sterilising solution.
- Do not leave items standing in any cleaning solution for longer than recommended – this could negatively affect the product function.
- Sudden temperature changes can cause glass bottles to crack or break.
- Do not leave glass bottles in boiling water unattended as glass can be damaged through uncontrolled impact with the pot or other glass components. We recommend boiling the glass body separately.

The bottle is made of natural glass which is hygienic, easy to clean and relatively fragile. Avoid putting heavy pressure on it, as the glass bottle could break.

- Do not use pin or sharp object to enlarge feeding hole of the teat.
- When first used 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 the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.
- Store teats in a dry sealed container.
- Do not leave individual bottle parts in direct sunlight or heat as this may affect the product function.
- Use sugar free food or liquids only.
- Do not let children feed themselves with a glass bottle.
- To avoid injury, do not let children walk with a glass bottle.
- Do not put your baby to bed with bottle. Prolonged contact with liquids may cause severe tooth decay.
- Always use only MAM teats with the MAM bottles.
- The bottle teat fits all MAM wide neck bottles and the Trainer.
- Insert teat into top of bottle screw ring until you hear a “click”.

Heating instructions:

- NEVER pour boiling water into the bottle.
- Place in a bottle warmer, under hot running water or in a container of heated water.
- NEVER heat or cool a sealed bottle. Remove the protective cap and teat (with screw ring) before heating, especially before bottle warmer and microwave heating. Do not overheat as this may damage the bottle.
- Take extra care when heating in the microwave.
- Stir thoroughly with plastic or soft spoon after heating to evenly distribute heat. Allow the standing time recommended by the microwave manufacturer. Test the temperature before serving.
- Beware of very hot glass body after heating.
- Do not place bottle in heated oven.



For your child's safety and health

WARNING!

- Glass bottles may break.
- Always use this product with adult supervision.
- Never use feeding teats as a soother.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children.
- The bottle is compatible with MAM teats, sealing discs and breast pump.
- Do not use it with handles as it may break if dropped.



Easy Active Baby Bottle

This product meets the requirements of European Standard EN 14350.

Instruction for use:

- Clean before first and each subsequent use.
- Before first use place all components separately in boiling water for 5 minutes. This is to ensure hygiene.
- Check all components before each use and throw away at the first signs of damage or weakness.
- To ensure proper cleaning/sterilising all bottle parts MUST be disassembled.
- Cleaning/sterilising while assembled can damage the bottle.
- Dishwasher safe on top dishwasher rack (max. 65° C / 149 F) but food colourings may discolour components.
- Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used. Hard scourers may scratch the plastic.
- Sterilise using one of the following methods: steam sterilising (electric or microwave according to manufacturers instructions), boiling in water for at least 5 minutes or liquid sterilising solution.
- Do not leave items standing in any cleaning solution for longer than recommended – this could negatively affect the product function.
- When first used 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 the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.
- Do not let babies self-feed.
- Store teats in a dry sealed container.
- Do not leave individual bottle parts in direct sunlight or heat.
- Use only sugar free food or liquids.
- To avoid injury, do not let baby walk with bottle.
- Do not put your baby to bed with bottle. Prolonged contact with liquids may cause severe tooth decay.
- Bottle teat fits all MAM wide neck bottles and the Trainer.
- Insert teat into top of bottle screw ring until you hear a "click".



For your child's safety and health

WARNING!

- Always use this product with adult supervision.
- Never use feeding teats as a soother.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding
- Keep all components not in use out of the reach of children.

Trainer +

This product meets the requirements of European Standard EN 14350.

Instruction for use:

- Clean before first and each use.
- Before first use separate all parts and place them in boiling water for 5 minutes. This is to ensure hygiene.
- Inspect carefully all components before each use. Throw away at the first signs of damage or weakness.
- Before first use, press gently the mouthpiece of the teat/spout to check if the slits 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, the teat/ spout collapsing. Slowly brush over the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.
- To ensure proper cleaning/sterilising all bottle parts MUST be disassembled. Cleaning/sterilising while assembled can damage the bottle.
- All parts are top rack dishwasher safe (up to 65°C). Food colourings may discolour components.
- Clean the mouthpiece of the spout with special care to prevent damaging the membrane. Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used. Hard scourers may scratch the plastic.
- Sterilise using one of the following methods: steam sterilising (electric or microwave according to manufacturers 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 single bottle parts in direct sunlight or heat, or leave in sterilising solution for longer than recommended, as this may affect the product function.
- 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.
- Store teats/spouts in a dry, sealed container.
- Do not use pin or sharp object to enlarge feeding slits.
- To avoid injury, do not let baby walk with Trainer+.
- Do not put your baby to bed with Trainer+. Prolonged contact with liquids may cause severe tooth decay.
- Use sugar free food or liquids only.
- Teat, spout and handles fit all MAM Bottles and the Trainer+, except MAM Easy Start Anti-Colic 130ml.

Assembling TEAT/SPOUT: Insert teat/spout into top of bottle screw ring until you hear a “click”. Place the handles over the bottle neck and screw the teat/spout onto the bottle tightly

Heating instructions:

- 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 microwave and bottle warmer heating.
- Take extra care when microwave heating. Stir thoroughly after heating to evenly distribute heat.
- Allow the standing time recommended by the microwave manufacturer and test the temperature before serving.

For your child’s safety and health

WARNING!

- Always use this product with adult supervision.
- Never use feeding teats as a soother.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children.

MAM Teat

This product meets EN 14350. Bottle teat fits all MAM wide neck bottles and the Trainer+.

Instruction for use:

- Clean before first and each subsequent use.
- Before first use and regularly place in boiling water for 5 minutes. This is to ensure hygiene.
- Check teat carefully before each use, especially when the child has teeth. Pull the teat in all directions and throw away at the first signs of damage or weakness.
- When first used 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 the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.
- Dishwasher safe in top rack (max. 65°/ 149F) but food colourings may discolour components.
- Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used.
- Sterilising using one of the following methods: steam sterilising (electric or microwave according to manufacturers instructions), boiling in water for at least 5 minutes or liquid sterilising solution.
- Do not leave the teat in direct sunlight or heat, or leave in sterilising solution for longer than recommended, as this may affect the product function.
- Do not use pin or sharp object to enlarge feeding hole.
- Store teats in a dry, sealed container.
- Insert teat into top of bottle screw ring until you hear a “click”.
- Use only sugar free food or liquids.
- NEVER heat or cool a sealed bottle. Remove the protective cap and teat (with screw ring) before heating, especially before microwave heating. Take care when heating in the microwave.
- Stir thoroughly after heating to evenly distribute heat. Test the temperature before serving.
- Bottle teat fits all MAM bottles and the Trainer+.

For your child’s safety and health

WARNING!

- Always use this product with adult supervision.
- Never use feeding teats as a soother.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.

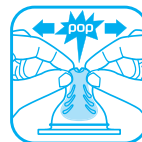
MAM Spill-Free Teat

This product meets EN 14350. Bottle teat fits all MAM wide neck bottles and the Trainer+.

Instruction for use:

- Clean before first and each subsequent use.
- Before first use and regularly place in boiling water for 5 minutes. This is to ensure hygiene.
- Check teat carefully before each use, especially when the child has teeth. Pull the teat in all directions and throw away at the first signs of damage or weakness.
- When first used 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 the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.
- Dishwasher safe in top rack (max. 65°/ 149F) but food colourings may discolour components.
- Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used.
- Sterilising using one of the following methods: steam sterilising (electric or microwave according to manufacturers instructions), boiling in water for at least 5 minutes or liquid sterilising solution.
- Do not leave the teat in direct sunlight or heat, or leave in sterilising solution for longer than recommended, as this may affect the product function.
- Do not use pin or sharp object to enlarge feeding hole.

- Store teats in a dry, sealed container.
- Insert teat into top of bottle screw ring until you hear a “click”.
- Use only sugar free food or liquids.
- NEVER heat or cool a sealed bottle. Remove the protective cap and teat (with screw ring) before heating, especially before microwave heating. Take care when heating in the microwave.
- Stir thoroughly after heating to evenly distribute heat. Test the temperature before serving.
- Bottle teat fits all MAM bottles and the Trainer+.



For your child's safety and health

WARNING!

- Always use this product with adult supervision.
- Never use feeding teats as a soother.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.

Extra Soft Bottle Spout

This product meets EN 14350.

Instruction for use:

- Clean before first and each subsequent use.
- Before first use place in boiling water for 5 minutes. This is to ensure hygiene.
- Inspect carefully before each use and throw away at the first signs of damage or weakness.
- Before first use, press gently the mouthpiece of the spout to check if the slits properly open.
- When first used and sometimes for later usages, the slit in the ventilation (the raised, slit bubble on the underside of the spout base) can stick together, therefore not allowing air to enter the bottle during feeding and as a result, the spout collapsing. Slowly brush over the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.
- To ensure proper cleaning/sterilising all bottle parts MUST be disassembled. Cleaning/sterilising while assembled can damage the product.
- Dishwasher safe in top rack (max. 65° C/149F). Food colourings may discolour components.
- Clean the mouthpiece of the spout with special care to prevent damaging the membrane. Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used.
- Sterilising using one of the following methods: steam sterilising (electric or microwave according to manufacturers instructions), boiling in water for at least 5 minutes or liquid sterilising solution. After boiling or sterilising allow the spout to cool.
- Do not leave spout in direct sunlight or heat, or leave in sterilising solution for longer than recommended, as this may affect the product function.
- Do not use pin or sharp object to enlarge feeding slits.
- To avoid injury, do not let baby walk with bottle or trainer.
- Do not put your baby to bed with bottle or trainer. Prolonged contact with liquids may cause severe tooth decay.
- Use sugar free food or liquids only.
- The spout is compatible with all MAM wide neck bottles and the Trainer.
- All parts must be disassembled before heating (especially microwave heating) or cooling. Stir thoroughly after heating to evenly distribute heat. After heating allow bottle to cool.

Assembling SPOUT: Insert spout into top of bottle screw ring until you hear a “click”.

For your child's safety and health

WARNING!

- Always use this product with adult supervision.
- Never use feeding teats as a soother.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children.
- Never use feeding spouts as a soother.



Hold my Bottle / Hold my Cup handles

Instruction for use:

- Clean before first and each use.
- Dishwasher safe in top rack (max. 65° C/149F).
- Before first use place in boiling water for 5 minutes. This is to ensure hygiene.
- Always check food temperature before feeding. Stir thoroughly after heating to evenly distribute heat.
- Do not let your young child walk or crawl around with the product in his/her hand or mouth.
- The handles are made from a special high-grade plastic which is hygienic, easy to clean and resistant. Avoid heavy pressure – this could affect the efficiency.

Sealing Discs

The sealing discs are compatible with all MAM bottles and the Trainer + which meet the requirements of EN 14350.

Instruction for use:

- Clean before first and each subsequent use.
- Before first use place the sealing disc in boiling water for 5 minutes. This is to ensure hygiene.
- Check sealing disc before each use and throw away at the first signs of damage or weakness.
- Dishwasher safe in top rack (max. 65° C/149F) but food colourings may discolour sealing discs.
- Do not use abrasive cleaning agents as these could damage the product.
- Sterilising using one of the following methods: steam sterilising (electric or microwave according to manufacturers instructions), boiling in water or liquid sterilising solution.
- Do not leave sealing discs in direct sunlight or heat, or leave in sterilising solution for longer than recommended.
- Store sealing discs in a dry, sealed container.
- **Important:** For storing in the freezer all MAM bottles are suitable, except the MAM Easy Start Anti-Colic. The MAM Easy Start Anti-Colic should only be stored in the fridge.



Assembling: Pull sealing disc through the screw ring and 'click' into position.

For your child's safety and health

WARNING!

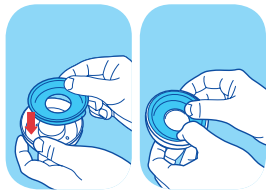
- Keep these components out of the reach of children.

Easy Start Anti-Colic Valves

The Easy Start Anti-Colic valves are compatible with all MAM Easy Start bottles which meet the requirements of EN 14350.

Instruction for use:

- Clean before first and each subsequent use.
- Before first use place the sealing disc in boiling water for 5 minutes. This is to ensure hygiene.
- Check sealing disc before each use and throw away at the first signs of damage or weakness.
- Dishwasher safe in top rack (max. 65° C/149F) but food colourings may discolour sealing discs.
- Do not use abrasive cleaning agents as these could damage the product.
- Sterilising using one of the following methods: steam sterilising (electric or microwave according to manufacturers instructions), boiling in water or liquid sterilising solution.
- Do not leave sealing discs in direct sunlight or heat, or leave in sterilising solution for longer than recommended.
- Store sealing discs in a dry, sealed container.



Assembling: Push silicone valve into base ring. Press down on raised perimeter of silicone valve.

For your child's safety and health

WARNING!

- Keep these components out of the reach of children.

MAM Thermal Bag

Instruction for use:

- Thermal Bag for storage of e.g. pre-boiled hot water or tea.
- Temperature sequence of bottle content depends on filling quantity and temperatures of liquid and environment. A temperature of about 95°C will be recommended for pre-boiled water to be poured into the bottle.
- **Tip:** Rinse bottle with hot water directly before use. **Warning:** Always check the temperature of the nutrition before feeding. Wipe clean with soapy water on a damp cloth. Please check the internal lining after each use. Remove any milk spills immediately.

Warning:

Place only closed baby bottles into the bottle holder. The Thermal Bag is not a toy. Product must be stored away from babies and young children's reach.

Milk Powder Box

Instruction for use:

- Instruction for use:
- Clean prior to first use.
- For sterilisation, one of the following methods can be used: steam sterilising (electric or microwave according to manufacturers instructions), boiling in water or liquid sterilising solution.
- Dishwasher safe up to 65°C in top-rack.
- Always clean, sterilise and store in open position (snap covers and lid).
- Not suitable for storing liquids.
- During transportation, a non-relevant amount of powder may flow between the compartments.

Usage:

- The formula box consists of a bottom section with 3 compartments and a lid with 3 snap covers. The compartments are designed for large portions of formula (up to 40g /compartment).
- Remove lid.
- Ensure that all parts are completely dry.
- Fill the compartments with powder. One compartment for each portion.
- Put the lid on and ensure the snap covers are firmly closed to prevent the powder from leaking out.
- To use, fold the snap cover of the desired chamber back and hold it open with your thumb.
- Firmly close cover after use.

For your child's safety and health

WARNING!

- Keep these components out of the reach of children.

Bottle and Baby Food Warmer

Please take time to read these instructions through carefully before using the Bottle and Baby Food Warmer for the first time. Please keep the instructions safe for future reference.

General information on how the MAM Bottle and Baby Food Warmer works:

The Bottle and Baby Food Warmer warms baby bottles and jars of baby food automatically with the aid of heated water. The water is heated by means of a hotplate located in the base of the Food Warmer and, as such, warms baby bottles and jars of baby food by dissipating heat. To keep a bottle or jar warm after the warming process, turn the dial down to lower setting (2 to 3). The indicator lamp will come on and off to indicate the water surrounding the bottle or jar will be kept at a constant temperature. After use, always switch off the Food warmer by turning the dial to stop in an anti-clockwise direction. Always disconnect the mains plug and empty out the water. Caution: The water inside the Bottle and Baby Food Warmer can get extremely hot! The warming ensues efficiently and gently so as to avoid losing any nutrients. As to how long it takes for the food to reach the right temperature always depends on the size of the vessel, the quantity and type of food and its temperature prior to warming – e.g. food taken from the refrigerator (approx. 5–8°C) takes longer to warm up than food stored at room temperature (approx. 19–20°C). The table on page 33 provides you with approx. values for warming food in the Bottle and Baby Food Warmer. Always use a clean spoon to stir the content of the bottle or the jar of baby food so that the heat spreads evenly more quickly. During warming, please be sure to check the temperature of the food. Sprinkle 2–3 drops of the content onto the back of your hand (Tip: try it on the groove on the back of your hand that forms when spreading your thumb and first finger apart) or on the pulse of your wrist. After the time mentioned in the table is elapsed please check if the bottle or jar content has the right temperature and either take them out (careful, the bottle or jar can be very hot) or to keep them warm turn the dial down to 2 to 3.

Tip: The Food Warmer works faster if you add preheated water in the bottle warmer.

Please note!

For reasons of hygiene, your baby should have his or her own spoon from the outset, which is not used by anyone else at the same time. When testing food yourself, e.g. when checking for the right temperature, please use a different spoon and do not put this back into the baby food.

1. Safety instructions

1. Children shall not play with the appliance.
2. This appliance cannot be used by children, because children don't understand the hazard involved. Cleaning and user maintenance shall not be made by children. Keep the appliance and cord out of reach of children.
3. Appliance can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge, if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved.
4. This appliance is intended to be used in household only.
5. The food should not be heated for too long.
6. Before feeding, check if the contents of the bottle or the jar of baby food are at the right temperature. In doing so, stir the contents of the bottle or the jar of baby food so that the heat achieved spreads evenly more quickly. Place 2-3 drops of the liquid or food onto the back of the hand or onto the pulse.
7. For detailed cleaning, refer to section "5. Cleaning and Maintaining the appliance".
8. Do not misuse this bottle warmer for other than its intended use to avoid potential injury.
9. Caution: The heating element surface is hot during operation and also subject to residual heat after use.
10. If the mains supply cord is damaged it must be replaced by manufacturer, its service or similarly qualified persons in order to avoid a hazard.
11. This appliance must not be immersed.
12. The appliance has to be descaled at regular intervals.

13. Prior to using the appliance for the first time, be sure to remove all the packaging material and any components not used, so that your child cannot injure him or herself or swallow anything.
14. Only connect appliance to voltages in accordance with the rating plate on the base of the appliance.
15. Do not use the appliance within the reach of children. Secure the power cord and make sure that it cannot be pulled on inadvertently, causing the appliance to fall down onto the floor.
16. To operate the appliance, it must be placed on a dry and level surface.
17. Always fill a sufficient amount of water for warming. When doing this, place the bottle or jar along with the baby food jar / baby bottle basket into the appliance first prior to filling the appliance with water. To ensure optimum warming, make sure that the interior compartment is completely filled with water.
18. Never fill the appliance with water up to the top edge.
19. Caution: During operation, the water inside the appliance becomes very hot.
20. Never operate the Baby Food Warmer without water or transport it during operation.
21. When the appliance is not in use, always disconnect the mains plug and empty out the water. Caution: The water inside the Baby Food Warmer can get extremely hot.
22. Check the Baby Food Warmer each time before use and only use it if the appliance and power cord are intact. At the first sign of any damage, the component in question must be either disposed of or repaired.
23. The appliance may only be opened by an authorised service centre. Otherwise the warranty is invalidated. Repairs may only be performed by specialised personnel. Improper repairs can present considerable safety hazards for users. This also applies to the replacement of the power cord.
24. Always keep the instruction manual in a safe place.

2. Warming baby bottles

Place the bottle to be warmed along with the baby bottle basket into the Bottle and Baby Food Warmer. Next, pour water into the interior compartment until it is completely filled up and/or up to the filling level of the bottle. Make sure that no water runs into the bottle or over the edge of the Bottle and Baby Food Warmer. Depending on the initial temperature of the food, for small (approx. 160 ml) and large (approx. 260 ml) baby bottles, we recommend turning the dial to a setting 4 or 5. The indicator lamp will light up. To help the heat to spread evenly more quickly, stir the content of the bottle repeatedly. The time it takes to warm up the content can vary depending on the bottle size, quantity and initial temperature. In this regard, please consult our table on page 33. After the time mentioned in the table is elapsed please check if the bottle content has the right temperature. As described on page 8, sprinkle 2 – 3 drops of the content onto the back of your hand or on the pulse. To keep the bottle warm, turn the dial down to setting 2 to 3. The indicator lamp will come on and off to indicate the water surrounding the bottle will be kept at a constant temperature. Further information on keeping baby food warm can be found on page 10, further down. After use, be sure to switch off the Bottle and Baby Food Warmer by turning the dial to stop in an anti-clockwise direction. Always disconnect the mains plug and empty out the water. Caution: the bottle and the water inside the baby food warmer can get extremely hot.

For your child's health – warning notice:

Before feeding your child, please check that the contents have the right temperature. Please start by using a spoon to stir the contents of the jar so that the heat spreads evenly more quickly. Then sprinkle 2 – 3 drops of the contents onto the back of your hand (Tip: try it on the groove on the back of your hand that forms when spreading your thumb and first finger apart) or on the pulse of your wrist. Do not overheat the contents of the bottle and do not reheat. Dispose of any leftovers after feeding.

3. Warming jars of baby food

Please remove the label from the jar of baby food. It may otherwise become detached during warming and get stuck inside the interior compartment. Remove the lid from the jar of baby food. Place the jar along with the baby food jar basket into the Bottle and Baby Food Warmer. Pour water into the interior compartment until it is completely filled up. Make sure that no water runs into the jar or over the edge of the Bottle and Baby Food Warmer. For all sizes of jars, we recommend turning the dial to setting 5. To help the heat spread evenly more quickly, stir the content of the jar repeatedly. The time it takes to warm up the content can vary depending on the type of food, quantity and initial temperature. In this regard, please consult our table on page 33. After the time mentioned in the table is elapsed please check if the content of the jar has the right temperature. As described on page 8, sprinkle 2 – 3 drops of the content onto the back of your hand or on the pulse. To keep the jar warm, turn the dial down to setting 2 to 3. The indicator lamp will come on and off to indicate the water surrounding the jar will be kept at a constant temperature. Further information on keeping baby food warm can be found on page 10, further down. After use, be sure to switch off the Bottle and Baby Food Warmer by turning the dial to stop in an anti-clockwise direction. Always disconnect the mains plug and empty out the water. Caution: the body of the jar and the water inside the baby food warmer can get extremely hot.

For your child's health – warning notice:

Before feeding your child, please check that the contents have the right temperature. Please start by using a spoon to stir the contents of the jar so that the heat spreads evenly more quickly. Then sprinkle 2 to 3 drops of the contents onto the back of your hand (tip: try it on the groove on the back of your hand that forms when spreading your thumb and first finger apart) or on the pulse of your wrist. Do not overheat the baby food and do not reheat. Dispose of any leftovers after feeding.

4. Warming and keeping baby food warm

We recommend warming only freshly prepared baby food immediately before feeding. Keeping the food warm for too long can result in the loss of important nutrients and also to the formation of germs due to the heat. Always make sure that bottles and bottle teats are perfectly clean and germ-free. Clean bottles and teats immediately after feeding, and subsequently sterilise these, e.g. in boiling water, or using the MAM Steriliser. You can wash bottles and teats in the dishwasher, but they must still be sterilised. The MAM Steriliser provides a safe and reliable means of sterilisation, simply using water vapour and entirely without chemical additives. It can hold up to 7 wide-neck bottles or 9 standard baby bottles. After sterilising, it switches off automatically, thus saving valuable energy and time in the dynamic everyday life of baby care. Bottles and teats can be kept inside the MAM Steriliser until your baby's next feed is due.

Breast milk:

Feed warmed breast milk immediately; only keep warm for max. 5 – 10 minutes. Do not reheat any leftovers, but dispose of these immediately. Breast milk may be warmed up approx. 15 minutes before feeding.

Formula milk:

Always prepare fresh formula milk and feed the bottle within an hour. Never keep the bottle warm for a longer period of time than this, as this can lead to the formation of germs. Do not keep any left-over milk in the bottle until the next feed.

Never reheat any left-over milk, but dispose of this immediately.

Solid food / jars of baby food:

The recommended duration for keeping baby food warm (irrespective of whether from a jar, freshly prepared or mixed) depends on the particular ingredients and composition. If it contains protein (e.g. eggs, poultry, veal, beef), it can be kept warm for a maximum of 45 minutes. Please consult the manufacturer's directions. Vegetables and fruit without added protein can be kept warm for approx. 4 hours. Once a jar of baby food has been opened, there is a risk of bacteria getting into the food and growing. Consequently, once a jar of baby food has been warmed up and used for feeding from directly with a spoon, it should never be kept, but always disposed of immediately. A jar that has been opened and from which part of the contents has been removed and used for feeding can, however, be resealed and, depending on the product, kept in the refrigerator for 1 to 3 days. Please consult the manufacturer's directions for further information.

5. Cleaning and maintaining the appliance

Always unplug the appliance from the mains before cleaning it. Do not clean the appliance when it is hot. Do not use strong or abrasive cleaning or scouring agents, as these could attack the appliance's surface. After every use, unplug the appliance and wipe it with a damp cloth to avoid any build up of lime scale. Descal the appliance at regular intervals. Always unplug the appliance from the mains before descaling it. Ideally, use boiled water for this purpose. If the appliance ever needs repairing, under no circumstances, try to open it. Instead, contact the address indicated in these instructions. The appliance must not be immersed. Never place it in a dishwasher in order to clean it.

6. Technical data

Voltage: ~220 – 240 V • 50/60 Hz / power consumption: 100 Watt

7. Warranty

This appliance is covered by a statutory 2-year warranty period from the date of purchase upon presentation of proof of purchase. This does not include damage that is attributable to natural wear and tear, improper use and insufficient or incorrect maintenance. If handled carefully and in accordance with the instruction manual, the manufacturer provides a 2-year warranty from the date of purchase. The power cord and plug are excluded from the warranty in cases of normal wear and tear. When sending in the appliance, always be sure to enclose the proof of purchase.

8. Repair notes

If the appliance ever needs repairing, under no circumstances, try to open it. The appliance cannot be opened. In the event of a malfunction or if the power cord develops a fault, please send the appliance directly to the MAM Customer Service department. Important: Improper repairs can present considerable safety hazards for the user.

9. Disposal information for users from private households

Important: Please do not dispose of this appliance in the normal household waste! In accordance with a new EU directive, which prescribes the proper collection, treatment and recycling of used electrical and electronic appliances, old electrical and electronic appliances have to be disposed of separately. Following the introduction of the directive in the EU member states, private households can now take their used electrical and electronic appliances free of charge to official collection centres*.

*) Further details are available from your district council.

By disposing of your old appliances in the correct way, you are helping to ensure that old appliances are collected, treated and used in an appropriate manner. This prevents possible harmful impacts to the environment and to health arising from improper disposal.

In other countries inside and outside the EU

Please enquire with your district council as to the proper procedure for disposing of this appliance. The materials can be recycled in accordance with their labelling. By recycling this appliance, recycling materials and other forms of recycling for old appliances, you are making an important contribution to the protection of our environment. Please enquire with your district council about the relevant disposal centre.

Übersichtstabelle, Table, Tableau récapitulatif, Overzichtstabel, Ενδεικτικός πίνακας	Behälter/Füllmenge/Inhalt, Container/filling quantity/content, Récipient/quantité/contenu, Fles, potje/vulhoeveelheid/inhoud, Ροημνικ/ίλοςή wuphenienia/zawartość, Σκεύος/Χωρητικότητα/ Περιεχόμενο	Ausgangstemperatur, Initial temperature, Température de départ, Uitgangstemperatuur, Temperatura początkowa, Αρχική θερμοκρασία	Dauer, Duration, Durée, Duur, Czas, Διάρκεια
 	<ul style="list-style-type: none"> • MAM Anti Colic, PP Flasche, 160ml – Milch, • MAM Anti Colic, PP bottle, 160ml – milk, • MAM Anti Colic, biberon PP, 160 ml – lait, • MAM Anti Colic, PP fles, 160ml - melk, • MAM Anti-Colic, butelka PP, 160 ml – mleko, • MAM Μπιμπερό Anti-Colic, 160 ml - Γάλα, 	ca. 19° C	<ul style="list-style-type: none"> • ca. 9 Min, regelmäßig umrühren, • approx. 9 min., stir repeatedly, • env. 9 min, remuer régulièrement, • ca. 9 min, regelmatig roeren, • ok. 9 min., kilkakrotnie zamieszać • 9 λεπτά περίπου
 	<ul style="list-style-type: none"> • MAM Anti Colic, PP Flasche, 160ml – Milch, • MAM Anti Colic, PP bottle, 160ml – milk, • MAM Anti Colic, biberon PP, 160 ml – lait, • MAM Anti Colic, PP fles, 160ml - melk, • MAM Anti-Colic, butelka PP, 160 ml – mleko, • MAM Μπιμπερό Anti-Colic, 160 ml - Γάλα, 	ca. 8° C	<ul style="list-style-type: none"> • ca. 13 Min, regelmäßig umrühren, • approx. 13 min., stir repeatedly, • env. 13 min, remuer régulièrement, • ca. 13 min, regelmatig roeren, • Ok. 13 min., kilkakrotnie zamieszać • 13 λεπτά περίπου
 	<ul style="list-style-type: none"> • MAM Anti Colic, PP Flasche, 260ml – Milch, • MAM Anti Colic, PP bottle, 260ml – milk, • MAM Anti Colic, biberon PP, 260 ml – lait, • MAM Anti Colic, PP fles, 260ml - melk, • MAM Anti-Colic, butelka PP, 260 ml – mleko, • MAM Μπιμπερό Anti-Colic, 260 ml - Γάλα, 	ca. 8° C	<ul style="list-style-type: none"> • ca. 13 Min, regelmäßig umrühren, • approx. 13 min., stir repeatedly, • env. 13 min, remuer régulièrement, • ca. 13 min, regelmatig roeren, • Ok. 13 min., kilkakrotnie zamieszać • 13 λεπτά περίπου
 	<ul style="list-style-type: none"> • Glasflasche, 240ml – Milch, • Glass bottle, 240ml milk, • Biberon verre, 240ml – lait, • Glazen fles, 240ml - melk, • Szklana butelka, 240 ml – mleko, • Γυάλινο Μπιμπερό, 240 ml - Γάλα, 	ca. 8° C	<ul style="list-style-type: none"> • ca. 10 Min, regelmäßig umrühren, • approx. 10 min., stir repeatedly, • env. 10 min, remuer régulièrement, • ca. 10 min, regelmatig roeren • Ok. 10 min., kilkakrotnie zamieszać • 10 λεπτά περίπου
 	<ul style="list-style-type: none"> • Beikost, 130g – Frühkarotten, • Solid food, 130g – early carrots, • Aliments, 130g – carottes primeur, • Bijvoeding, 130g – worteltjes, • Jedzenie stałe, 130g – młode marchewki, • Βαζάκι, 130g - Καρότα, 	ca. 10° C	<ul style="list-style-type: none"> • ca. 8 Min, häufig umrühren, • approx. 8 min., stir frequently, • env. 8 min, remuer souvent, • ca. 8 min, vaak roeren • Ok. 8 min., kilkakrotnie zamieszać • 8 λεπτά περίπου
 	<ul style="list-style-type: none"> • Beikost, 250g – Kartoffeln und Rind, • Solid food, 250g – potatoes and beef, • Aliments, 250g – pommes de terre et veau, • Bijvoeding, 250g – aardappelen en rundvlees, • Jedzenie stałe, 250g – ziemniaki i wołowina, • Βαζάκι, 250g - Πατάτες με μοσχαρίσιο κρέας, 	ca. 10° C	<ul style="list-style-type: none"> • ca. 13 Min, häufig umrühren • approx. 13 min., stir frequently, • env. 13 min, remuer souvent, • ca. 13 min, vaak roeren • Ok. 13 min., kilkakrotnie zamieszać • 13 λεπτά περίπου

FOOTNOTE / PIED DE PAGE / VOETNOOT / PRZYPIIS / υποσημείωση / OPOMBA

- PP Flasche: Flasche aus BPA-freiem Kunststoff
- Wassertemperatur im Innenraum bei Start ca. 20 ° C, bei maximaler Wasserfüllung
- Die vorgenannten Angaben sind Hilfestufe
- Zwischen Wasser- und Milchbefüllung gibt es keine Temperaturabweichungen
- Die Dauer kennzeichnet die Zeit, die benötigt wird, um den jeweiligen Inhalt auf ca. 38° C zu erwärmen

- PP bottle: Bottle from BPA free plastic
- Water-temperature in interior compartment at start approx. 20 ° C, with max. water filling
- The above-mentioned values are approximate values
- There are no deviations in temperature if filled either with water or milk
- The duration indicates the time required to warm up the respective contents to approx. 38 ° C

3. Breastfeeding

Nipple shields

■ **Cleaning and sterilising:** Clean nipple shields before first and each use.

Before first use place nipple shields in boiling water for 5 minutes. This is to ensure hygiene. Clean the nipple shields in water or gentle cleaning agents, rinse with clear water and boil the nipple shields after each use for 5 minutes or sterilise them in a vaporiser or steam steriliser. In order to store the sterilised nipple shields hygienically, keep them in the closed sterilised box.

■ **Instructions for use:** Inspect the nipple shields before each use and replace at the first signs of damage. Moisten the reverse of the shield with a small amount of breast milk for an optimal hold on the breast. Before giving baby the breast, check that the shield fits the nipple and is holding well. Before first use contact a midwife or health consultant.

Before first use contact a midwife or health consultant. Can be sterilised in an autoclave (up to 134°C, up to 18 min.)

For your child's safety and health

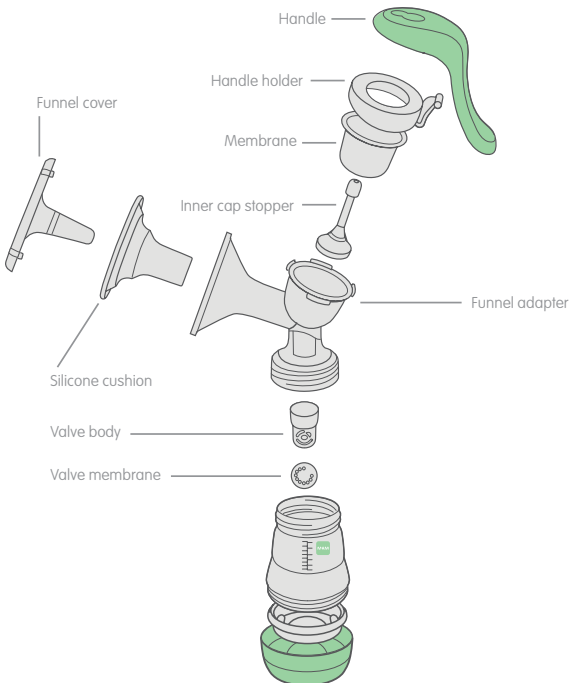
WARNING!

■ Do not use the nipple shields as a soother or teat. Do not cut the shape of the nipple shield. Keep out of the reach of children.

Manual Breast Pump

Please read all instructions carefully before using the MAM Manual Breast Pump for the first time. Keep these instructions in a safe place for future reference.

1. Product description for manual use



2. Cleaning and maintaining the appliance

Before using your MAM Manual Breast Pump for the first time and after each use, all parts that come into contact with the breast and breast milk must be separated, cleaned and sterilised.

- Only drinking-quality water must be used for cleaning.
- Completely air dry or towel dry before reassembly for next use.
- Please ensure that all parts are completely dry before use.
- Take care not to damage parts of the pump set during cleaning.

2.1. Cleaning by hand

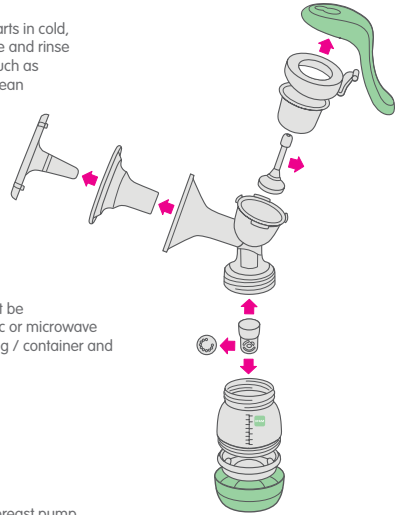
Before cleaning, all parts of the pump have to be separated. Begin by rinsing all parts in cold, clear water. Then wash all parts in warm soapy water with a damp cloth or sponge and rinse thoroughly with cold water afterwards. Do not use any abrasive cleaning agents such as anti-bacterial solutions, as these could attack the appliance's surface. Dry with a clean cloth or leave to dry on a clean cloth.

2.2. Cleaning in the dishwasher

To clean the breast pump in the dishwasher, place the separated parts on the top rack of the dishwasher or in the cutlery section. When washing the pump parts in the dishwasher, the components may become discoloured by food pigments – this does not affect their function. We recommend to carefully clean the valve body and valve membran by hand to prevent damages and to ensure that those small components do not get lost.

2.3. Sterilising the breast pump

Before using the pump for the first time and once a day, all parts of the pump must be sterilised. The separated pump parts can be sterilised in boiling water, in an electric or microwave steam steriliser as well as in cold sterilising liquid. Store the pump set in a clean bag / container and use the funnel cover for further protection of the silicone cushion until next use. Please note: never sterilise the assembled pump – always separate the parts. Important: allow all parts of the Breast Pump to fully cool and dry before use.



3. Using the appliance

3.1. Manual pumping

3.1.1. Assembly

For hygienic reasons, please wash your hands thoroughly before assembling the breast pump.

- Place the silicone cushion into the funnel adaptor. Make sure to connect the silicone cushion to the rim of the funnel properly by fitting it over the rim (Fig. 1).
- Insert the inner cap stopper into the membrane until it engages properly (Fig. 2).
- Insert both parts into the funnel adaptor (Fig. 3).
- Screw the handle holder on top of the membrane (Fig. 4).
- Connect the handle to the handle holder so that it clicks firmly into place (Fig. 5). Then place the inner cap stopper in lock position by pulling the upper part of the cap stopper into the opening closer to the pump handle (Fig. 6).
- Carefully press the valve membrane into the hole of the valve body until it engages. The valve membrane should be pressed flat and tight to avoid air leakage (Fig. 7).
- Now correctly place the valve membrane with the valve body onto the funnel adaptor (Fig. 8).
- Screw the bottle onto the funnel adaptor tightly (Fig. 9).

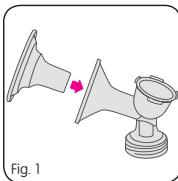


Fig. 1

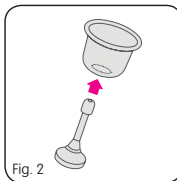


Fig. 2

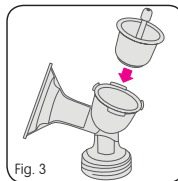


Fig. 3

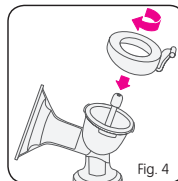


Fig. 4

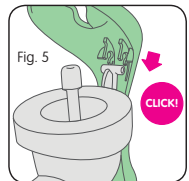


Fig. 5

CLICK!

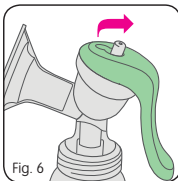


Fig. 6

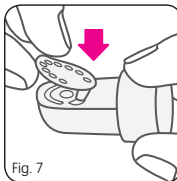


Fig. 7

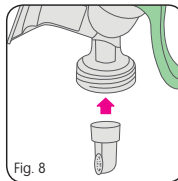


Fig. 8

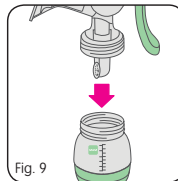


Fig. 9

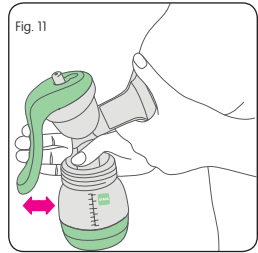
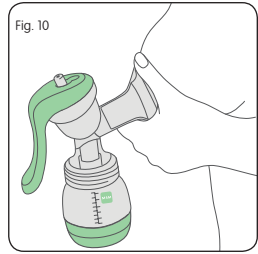
3.1.2. Preparing for pumping

- Wash your hands with soap and your breasts and nipples with a warm washcloth and clean fresh water.
- Squeeze a little bit of milk out of each nipple to make sure the milk ducts are not clogged.
- Ensure all parts are clean before use.
- Before using, make sure that the pump is properly assembled and fully screwed onto the bottle.
- Sit comfortably and lean forward slightly. Place a glass of water within easy reach.
- Place the funnel firmly on your breast. Make sure no air escapes through the side, otherwise no suction will develop.
- Support the breast with your hand from below and hold the funnel onto your breast with your thumb and index finger (Fig. 10).
- Expressing milk without using the silicone inlay is more effective than with the silicone inlay. So you may want to remove the inlay once you become more comfortable with expressing.

3.1.3. Pumping

- Use your other hand for pumping.
- Hold the adaptor neck with your thumb and the handle with your remaining fingers.

- Press and release the handle to operate the pump at a speed of approximately 60 times per minute. Only squeeze the handle as far as it remains comfortable and adjust the speed to your personal preference (Fig. 11).
 - We recommend a faster pump rhythm to stimulate milk flow. Once the milk starts flowing, you can switch to a slower rhythm.
 - Try to pump consistently to keep the milk flow established.
- Expressing milk or stimulating does not come easily to everyone. If you find it is less comfortable than you had hoped, ask your midwife or other healthcare professional for advice.



3.2. Use in combination with the MAM Storage Solution

- Remove the Easy Start base with its silicone valve and screw the Storage Solution on in its place. This unit can now be screwed onto the pump. All sizes of Easy Start bottle can be used in this way (Fig. 12).
- Bring the pump to the breast and express. Please refer to the instructions for manual pumping above.
- Unscrew the Storage Solution and close securely with the lid (Fig. 13).
- To label with the date and time of expression, use the special two-part area on the Storage Solution. A pencil is best.

4. Storing and warming breast milk

4.1. Storage

- Expressed breast milk can be stored either in the MAM Easy Start bottle or in the Storage Solution.
- The Easy Start bottle with the expressed milk can be sealed either with the bottle screw ring, teat and cap, or with the bottle screw ring and sealing disc (Fig. 14).
- Breast milk can be stored in the fridge for up to 24 hours.
- Breast milk can be kept in the Storage Solution in the freezer for 3 months. Please note: the Easy Start bottle is not suitable for storing expressed milk in the freezer or freezer compartment.
- Do not store breast milk in the door of the refrigerator. Instead, choose the coldest part of your refrigerator (this is at the back of the glass shelf above the vegetable compartment).
- If you have a 3-star freezer in your fridge, do not store milk for longer than 2 weeks.
- It is recommended that breast milk is frozen in small portions of 50-120ml / 1.5-4.0 UK fluid ounces. Fill the Storage Solution only up to the 120ml level mark for freezing. Never overfill.
- Use milk that has been stored the longest first.
- When transporting breast milk, it is important that the cooling chain is not interrupted.

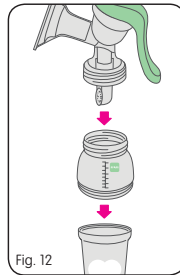


Fig. 13

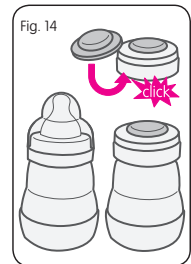


Fig. 14

4.2. Milk warming

- Defrost frozen milk in the fridge overnight, carefully in a water bath or with a bottle warmer that offers a defrost setting, such as the MAM Electric Steriliser & Express Bottle Warmer.
- Do not put the milk in a microwave to heat: if you do, micronutrients and important immunological properties will be lost.
- To warm the milk, place in a bath of hot water or a bottle warmer. To warm to body temperature, running water can also be used. Start with cold running water and gradually increase the temperature until the milk is warm.
- Remove the screw ring and sealing disc of the Easy Start before placing the bottle in the water bath or bottle warmer for warming. Be sure to remove teat and lid before heating.
- Breast milk should never be refrozen. Pour warmed unused milk away.
- Never mix newly expressed breast milk with frozen milk.
- Always check the temperature of the milk before feeding.
- Once your baby has drunk from a bottle of breast milk, it should be used within the hour and anything left over should be thrown away.

Storage Solution

Instruction for use:

- Check all components before each use. Throw away at the first signs of damage or weakness.
- Product is suitable for food contact.
- It is recommended to use a pencil for the washable labeling area. Do not use permanent markers.

Cleaning & Disinfection:

- Before first use separate all 6 parts and place them in boiling water for 5 minutes. This is to ensure hygiene.
- Dishwasher safe on top dishwasher rack (max. 65° C / 149 Fahrenheit) but food colourings may discolour components.
- Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used. Rough/hard scourers can scratch the plastic.
- For disinfection, one of the following methods can be used: steam sterilising (electric or microwave according to manufacturers instructions), boiling in water or liquid sterilising solution.
- Stackable when dry after cleaning/disinfection.

Instruction for use:

- Check all components before each use. Throw away at the first signs of damage or weakness.
- Product is suitable for food contact.
- It is recommended to use a pencil for the washable labeling area. Do not use permanent markers.

Usage with breast milk:

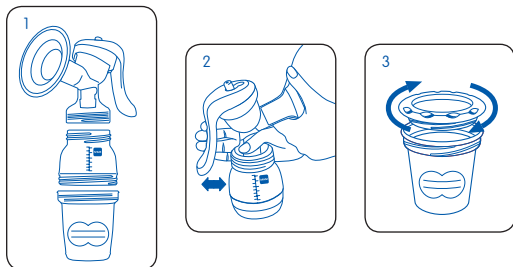
- Do not defrost breast milk in the microwave, as this will reduce its nutritional value.
- It is recommended that breast milk is frozen in small portions of 1,5 – 4 UK fl.oz.
- Defrost frozen milk over night in the fridge or at room temperature.
- To warm the milk place in a bath of hot water or a bottle warmer. To warm to body temperature, running water can also be used. Start with cold running water and gradually increase the temperature until the milk is warm.
- Under no circumstances should breast milk be re-frozen. Pour warmed unused milk away.
- Never mix newly expressed breast milk with frozen milk.
- When transporting breast milk, it is important that the cooling chain is not broken.

Warming baby food (do not overheat):

- To warm baby food, it is recommended that it is placed in a bath of hot water or a bottle warmer.
- To evenly distribute heat stir the baby food thoroughly after heating and allow time to cool.

USAGE IN COMBINATION WITH THE MAM MANUAL BREAST PUMP & STORAGE:

- 1) Remove the Easy Start base ventilation and screw the Storage Solution on in its place. This unit can now be screwed onto the pump. All sizes of Easy Start bottle can be used in this way. (Diag.1)
- 2) Bring the pump to the breast and express. Please refer to the MAM Manual Breast Pump instructions for use. (Diag.2)
- 3) Unscrew the Storage Solution and close securely with the lid. (Diag.3)



- 4) To label with expression date and time, use the purpose designed two-part area on the Storage Solution. A pencil is best used.
- 5) Store for the recommended time periods.

Room Temperature 4 hours
 Fridge (4°C) 3 days / 72 hours
 Freezer (-20°) 3 months

- 6) Use the longest stored breast milk first.

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

- Always use this product with adult supervision.
- Keep all components not in use out of the reach of children.

Breast Pads

Warning: Keep out of the reach of children.

4. Cups & Cup Accessories

Learn To Drink Cup & Fun To Drink Cup & Sports Cup

The products meet the requirements of European Standard EN 14350.

Instructions for use:

- Clean before first and each use.
- Before first use place all cup parts separately in boiling water for 5 minutes. This is to ensure hygiene.
- To ensure proper cleaning/sterilising all cup parts **MUST** be disassembled before cleaning. Cleaning/sterilising while assembled can damage the cup.

- All parts are top rack dishwasher safe (up to 65°C).
- Food colourings may discolour components. This does not adversely affect the material.
- Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used.
- Sterilising: in boiling water or liquid sterilising solution, steam sterilising (electric or microwave according to manufacturers instructions). All parts must be disassembled before sterilising. After boiling or sterilising allow all parts to cool.
- Do not leave cup parts in direct sunlight or heat, as this may affect the product function.
- Ensure that the holes of the spout are not blocked.
- Do not store or use for hot (above 40°C) beverages.
- The cup will not remain spill-proof if used for carbonated drinks.
- To avoid injury, do not let toddler walk with the cup.
- Do not put your baby to bed with cup. Prolonged contact with liquids may cause severe tooth decay.
- Use sugar free food or liquids only.
- All Cup parts must be disassembled before heating (especially microwave heating) or cooling. Stir thoroughly after heating to evenly distribute heat. After heating allow Cup to cool.



For your child's safety and health

WARNING!

- Always use this product with adult supervision.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children.
- Never use feeding spouts as a soother.

Starter Cup

The product meets the requirements of European Standard EN 14350.

Instruction for use:

- Clean before first and each use.
- Before first use place spout and cup separately in boiling water for 5 minutes. This is to ensure hygiene.
- Check all components before each use. Throw away at the first signs of damage or weakness.
- Before first use, press gently the mouthpiece of the spout to check if the slits properly open.
- When first used and sometimes for later usages, the slit in the ventilation (the raised, slit bubble on the underside of the spout base) can stick together, therefore not allowing air to enter the cup during feeding and as a result, the spout collapsing. Slowly brush over the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.
- To ensure proper cleaning/sterilising all cup parts MUST be disassembled before cleaning. Cleaning/sterilising while assembled can damage the cup.
- All parts are top rack dishwasher safe (up to 65°C). Food colourings may discolour components.
- Clean the mouthpiece of the spout with special care to prevent damaging the membrane. Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used.
- Sterilise using one of the following methods: steam sterilising (electric or microwave according to manufacturers 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 single cup parts in direct sunlight or heat, or leave in sterilising solution for longer than recommended, as this may affect the product function.
- Do not use pin or sharp object to enlarge feeding slits.
- To avoid injury, do not let toddler walk with the cup.
- Do not put your baby to bed with cup. Prolonged contact with liquids may cause severe tooth decay.
- Use sugar free food or liquids only.
- The spout and the Cup handles are compatible with all MAM Cups.
- All parts must be disassembled before heating (especially microwave heating) or cooling. Stir thoroughly after heating to evenly distribute heat. After heating allow cup to cool.
- Assembling SPOUT: Insert spout into top of cup screw ring until you hear a "click". Place the handles over the cup neck and screw the spout onto the cup tightly.

For your child's safety

WARNING

- Always use this product with adult supervision.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children.
- Never use feeding spouts as a soother.

Valve Set- Cups

The product meets the requirements of European Standard EN 14350.

Instruction for use:

- To assemble pull the spout into the screw ring till it engages, then push the valve tightly into the designated holder on the underside of the spout. Screw spout onto cup tightly.
- Clean before first and each use.
- Dishwasher safe (max. 65° C/149F). Food colourings may discolour components.
- Do not store or use for hot (above 40°C) beverages.
- The cup will not remain spill-proof if used for carbonated drinks.
- Do not put your baby to bed with cup. Prolonged contact with liquids may cause severe tooth decay.
- Pay special attention to the area around the silicone valve and its plastic holder. Do not clean the silicone valve with rough/hard scourers.
- Valve is not compatible with other drinking containers.
- All Cup parts must be disassembled before heating (especially microwave heating) or cooling.

For your child's safety

WARNING

- Always check food temperature before feeding.
- Always use this product with adult supervision.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Keep all components not in use out of the reach of children.

Extra Soft Cup Spout

The product meets the requirements of European Standard EN 14350.

Instruction for use:

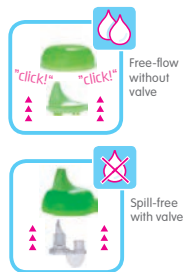
- Clean before first and each use.
- Before first use place spout and cup separately in boiling water for 5 minutes. This is to ensure hygiene.
- Check all components before each use. Throw away at the first signs of damage or weakness.
- Before first use, press gently the mouthpiece of the spout to check if the slits properly open.
- When first used and sometimes for later usages, the slit in the ventilation (the raised, slit bubble on the underside of the spout base) can stick together, therefore not allowing air to enter the cup during feeding and as a result, the spout collapsing. Slowly brush over the bubble (ventilation) a few times with your thumb or fingers to re-open the slit.
- To ensure proper cleaning/sterilising all cup parts MUST be disassembled before cleaning. Cleaning/sterilising while assembled can damage the product.
- Spout is top rack dishwasher safe (up to 65°C). Food colourings may discolour components.
- Clean the mouthpiece of the spout with special care to prevent damaging the membrane. Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used.
- Sterilise using one of the following methods: steam sterilising (electric or microwave according to manufacturers instructions), boiling in water for at least 5 minutes or liquid sterilising solution. After boiling or sterilising allow spout to cool.
- Do not leave spout in direct sunlight or heat, or leave in sterilising solution for longer than recommended, as this may affect the product function.
- Do not use pin or sharp object to enlarge feeding slits.
- To avoid injury, do not let toddler walk with the cup.
- Do not put your baby to bed with cup. Prolonged contact with liquids may cause severe tooth decay.
- Use sugar free food or liquids only.
- The spout is compatible with all MAM Cups.
- All parts must be disassembled before heating (especially microwave heating) or cooling. Stir thoroughly after heating to evenly distribute heat. After heating allow cup to cool.

Assembling SPOUT: Insert spout into top of cup screw ring until you hear a "click".

For your child's safety

WARNING

- Always use this product with adult supervision.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children.
- Never use feeding spouts as a soother.



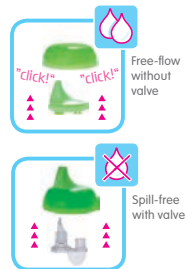
Hard Spout & Valve

The product meets the requirements of European Standard EN 14350.

Instruction for use:

- Clean before first and each use.
- Before first use place spout and cup separately in boiling water for 5 minutes. This is to ensure hygiene.
- Check all components before each use. Throw away at the first signs of damage or weakness.
- Spout and valve are top rack dishwasher safe (up to 65°C).

- Food colourings may discolour components. This does not adversely affect the material.
- Do not use abrasive cleaning agents. Only soft bristle brushes or soft sponges should be used.
- Sterilising: boiling in water or liquid sterilising solution, steam sterilising (electric or microwave according to manufacturers instructions). All parts must be disassembled before sterilising. After boiling or sterilising allow all parts to cool.
- Do not leave cup parts in direct sunlight or heat, as this may affect the product function.
- Ensure that the holes of the spout are not blocked.
- Do not store or use for hot (above 40°C) beverages.
- The cup will not remain spill-proof if used for carbonated drinks.
- To avoid injury, do not let toddler walk with the cup.
- Do not put your baby to bed with cup. Prolonged contact with liquids may cause severe tooth decay.
- Use sugar free food or liquids only.
- The spout is compatible with all MAM Cups.
- All parts must be disassembled before heating (especially microwave heating) or cooling. Stir thoroughly after heating to evenly distribute heat. After heating allow cup to cool.



For your child's safety

WARNING

- Always use this product with adult supervision.
- Continuous and prolonged sucking of fluids will cause tooth decay.
- Always check food temperature before feeding.
- Keep all components not in use out of the reach of children.
- Never use feeding spouts as a soother.

5. Feeding

Dipper Set / Baby's Cutlery

The products meet the requirements of European Standard EN 14372.

Instructions for use:

- Clean the product prior to first use and again after each use.
- Dishwasher-safe to 65°C in top rack or cutlery basket.
- Stir food thoroughly for even warming.
- DO NOT Boil, Steam or Microwave Sterilise, sterilise by cold water method ONLY (The MAM Microwave Steam Steriliser is perfect for this as it can also be used for cold water disinfection).

For your child's safety and health

Warning!

- Always use this product with adult supervision.
- Before each use, inspect the product. Throw away at the first sign of damage or weakness. Always check food temperature before feeding.
- Do not expose product to direct sunlight or heat and do not leave in disinfecting solutions longer than recommended as this may adversely affect the material.



Heat Sensitive Spoons & Cover

The products meet the requirements of European Standard EN 14372.

Instructions for use:

- Clean the product prior to first use and again after each use with warm soapy water.
- Dip the spoon into baby's food or drink and stir for 15 seconds for even warming. If spoon changes colour, allow food to cool and rinse spoon under cold water. Repeat until spoon does not change colour. To get the most obvious colour change only dip the tip of the spoon in.
- Dishwasher-safe to 65°C in top rack or cutlery basket. (Dishwasher Icon)
- DO NOT Boil, Steam or Microwave Sterilise, sterilise by cold water method ONLY (The MAM Microwave Steam Steriliser is perfect for this as it can also be used for cold water sterilising) (Do not boil/sterilise Icon)
- Food colourings may discolour components. This does not adversely affect the material.

For your child's safety and health

Warning!

- Always use this product with adult supervision.
- Before each use, inspect the product. Throw away at the first sign of damage or weakness. Always check food temperature before feeding.
- Do not expose product to direct sunlight or heat and do not leave in disinfecting solutions longer than recommended as this may adversely affect the material.
- The heat sensitive spoons are developed to check if babies food is too hot. Do not use as a cooking spoon. Do not use or store with hot (over 50°C) food. Only use with baby food. Do not use with fatty foods.
- As the spoon cover is a reusable packaging and no childcare product, keep the removable spoon cover out of the reach of children.

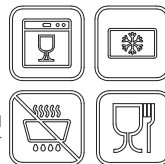


Feeding Bowl

The products meet the requirements of European Standard EN 14372.

Instructions for use:

- Clean the product prior to first use and again after each use.
- Dishwasher-safe to 65°C in top rack. · Freezable to -30°C.
- Microwavable. Stir food thoroughly for even warming.
- Do not use or store with hot (over 40° C) food. DO NOT Boil, Steam or Microwave Sterilise, sterilise by cold water method ONLY (The MAM Microwave Steam Steriliser is perfect for this as it can also be used for cold water sterilisation).



For your child's safety and health

Warning!

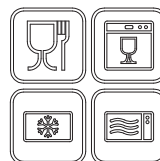
- Always use this product with adult supervision.
- Before each use, inspect the product. Throw away at the first sign of damage or weakness.
- Always check food temperature before feeding.
- Do not expose product to direct sunlight or heat and do not leave in disinfecting solutions longer than recommended as this may adversely affect the material.

Baby's Bowl & Plate

The products meet the requirements of European Standard EN 14372.

Instructions for use:

- Clean the product prior to first use and again after each use.
- Dishwasher-safe to 65°C in top rack.
- Freezable to -30°C. Microwavable.
- Stir food thoroughly for even warming.
- Do not use or store with hot (over 40°C) food. DO NOT Boil, Steam or Microwave Steriliser, sterilise by cold water method ONLY (The MAM Microwave Steam Steriliser is perfect for this as it can also be used for cold water sterilising).



For your child's safety and health

Warning!

- Always use this product with adult supervision.
- Before each use, inspect the product. Throw away at the first sign of damage or weakness.
- Always check food temperature before feeding.
- Do not expose product to direct sunlight or heat and do not leave in disinfecting solutions longer than recommended as this may adversely affect the material.

Snack box

The products meet the requirements of European Standard EN 14372.

Instructions for use:

- Clean the product prior to first use and again after each use.
- Dishwasher-safe to 65°C in top rack.
- Freezable to -30°C.
- Stir food thoroughly for even warming.
- Do not use or store with hot (over 40° C) food.
- DO NOT Boil, Steam or Microwave Sterilise, sterilise by cold water method ONLY (The MAM Microwave Steam Steriliser is perfect for this as it can also be used for cold water sterilising)

For your child's safety and health

Warning!

- Always use this product with adult supervision.
- Before each use, inspect the product. Throw away at the first sign of damage or weakness.
- Always check food temperature before feeding.
- Do not expose product to direct sunlight or heat and do not leave in disinfecting solutions longer than recommended as this may adversely affect the material.

6. Oral Care

Oral Care Rabbit

This product meets the requirements of EN71.

Instructions for use:

- Wash Oral Care Rabbit before first use.
- To use the product simply put your fingers in the rabbits ears and softly rub your baby's teeth or gums.
- Clean regularly and between each use with warm water.
- Machine washable up to 40°C.
- Do not bleach.
- Can be tumble dried (low temperature only) and ironed (low temperature only).
- Do not dry clean.
- Do not sterilise! Not suitable for any sterilising method, including microwave sterilisation, steam sterilisation or cold water sterilisation.

For your child's safety and health

Warning!

- Inspect product before and after each use and discard if worn or damaged!

Cotton terry: 80% Cotton, 20% Polyester, Microfi ber: 83% Polyester, 17% Nylon, Lycra knitted: 84% Nylon, 16% Spandex



Training Brush / First Brush / Learn To Brush Set / Massaging Brush

Attention! This is not a toy – always use with adult supervision.

This product meets the requirements of EN71-3.

These products meet the requirements of EN ISO 20126:2012.

Instructions for use:

- Clean toothbrush regularly and between each use with warm water.
- Inspect toothbrush before and after each use and discard if worn or damaged.
- Do not boil, steam or microwave sterilise. Do not put in the dishwasher.
- Replace toothbrush regularly (after 1 – 2 months use).

For your child's safety and health

Warning!

- Toothbrushing should be supervised by an adult.
- Do not let your young child walk or crawl around with the toothbrush in his/her hand or mouth.



Bite & Brush / Starter & Clip

The teether meets the requirements of EN71.

The clip meets the requirements of European Standard EN 12586:2007. The clip should only be attached to a garment.

Teether instructions for use:

- Sterilise the teether before first use
- Dishwasher safe (in top rack to a max. temperature of 65° C).
- Clean regularly with warm, soapy water.
- Can be sterilised by boiling, cold water method, steam and microwave steam sterilising.



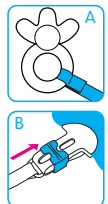
For your child's safety and health

Warning!

- Inspect before and after each use and discard if worn or damaged!

Teether instructions for use:

- The hook & loop fastener securely holds not only teethers but also ring soothers, small toys and much more (Diagram A).
 - The clip fastener is opened by moving the slider towards the leash and closed by clicking the slider towards the rounded end (DiagramB).
 - The clip should only be attached to garments.
 - The clip fastener should always be stored and cleaned in the open position to avoid the clip spring losing its strength.
- Do not store in closed position.
- Regularly clean the clip with warm water and a mild cleaning agent. Rinse thoroughly. DO NOT BOIL, steam or microwave sterilise.
 - Do not use solvents or abrasive cleaning agents as these could damage the product.



For your child's safety

WARNING!

- Before each use check carefully. Throw away at the first signs of damage or weakness.
- Never lengthen the soother holder!
- Never attach to cords, ribbons, laces or loose parts of clothing. The child may be strangled.
- The use of a clip with a sleeping baby, as well as in bed, crib, cot or perambulator is not recommended.
- Ensure both ends of the clip are fastened before leaving your child unattended.
- The clip should not be used as a teether or toy.



Mini Cooler & Clip

The teether meets the requirements of EN71.

The clip meets the requirements of European Standard EN 12586:2007. The clip should only be attached to a garment.

Teether instructions for use:

- Wash before first use and regularly with hot water and mild detergents.
- Dishwasher safe (in top rack to a max. temperature of 65° C). Food colourings may discolour components.
- For optimum cooling effect, put the teether in the refrigerator for one hour.
- Cool only in a refrigerator. Do not place in the freezer compartment.



For your child's safety and health

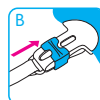
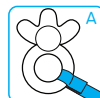
Warning!

- Inspect teether before and after each use and discard if worn or damaged!
- Do not boil, steam or microwave sterilise. For cleaning wash with hot water.
- The teether is for children between 0-3 years. Older children can bite through the waterfilled section. The waterfilling is harmless and controlled regularly.



Teether instructions for use:

- The hook & loop fastener securely holds not only teethers but also ring soothers, small toys and much more (Diagram A).
- The clip fastener is opened by moving the slider towards the leash and closed by clicking the slider towards the rounded end (DiagramB).
- The clip should only be attached to garments.
- The clip fastener should always be stored and cleaned in the open position to avoid the clip spring losing its strength. Do not store in closed position.
- Regularly clean the clip with warm water and a mild cleaning agent. Rinse thoroughly. DO NOT BOIL, steam or microwave sterilise.
- Do not use solvents or abrasive cleaning agents as these could damage the product.



For your child's safety

WARNING!

- Before each use check carefully. Throw away at the first signs of damage or weakness.
- Never lengthen the soother holder!
- Never attach to cords, ribbons, laces or loose parts of clothing. The child may be strangled.
- The use of a clip with a sleeping baby, as well as in bed, crib, cot or perambulator is not recommended.
- Ensure both ends of the clip are fastened before leaving your child unattended.
- The clip should not be used as a teether or toy.



Cooler, Bite & Play, Mini Cooler

The teether meets the requirements of EN71.

Teether instructions for use:

- Wash before first use and regularly with hot water and mild detergents.
- Dishwasher safe (in top rack to a max. temperature of 65° C). Food colourings may discolour components.
- For optimum cooling effect, put the teether in the refrigerator for one hour.
- Cool only in a refrigerator. Do not place in the freezer compartment.



For your child's safety and health

Warning!

- Inspect teether before and after each use and discard if worn or damaged!
- Do not boil, steam or microwave sterilise. For cleaning wash with hot water.
- The teether is for children between 0-3 years. Older children can bite through the waterfilled section. The waterfilling is harmless and controlled regularly.



Bite & Relax Phase 1 / Phase 2

The teether meets the requirements of EN71.

Instructions for use:

- Sterilise the mini teether before first use.
- Can be sterilised by boiling, cold water method, steam and microwave steam sterilising.
- Dishwasher safe (in top rack to a max. temperature of 65°C). Food colourings may discolour components.
- Clean regularly with warm, soapy water.
- Do not worry if the Bite & Relax teether becomes lodged in the mouth. It can not be swallowed and is designed to cope with such an event. Remove as gently as possible.



For your child's safety and health

Warning!

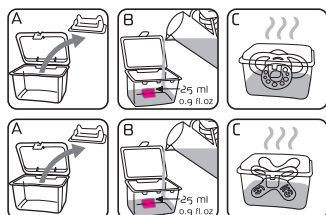
- Inspect mini teether before and after each use and discard if worn or damaged!



Steriliser Box

Instructions for use:

- Remove tamper-proof closure and any stickers from the box.
- Remove plastic inlay from box (fi g. A).
- Wash mini teether and box with mild soapy water and then rinse with clear water before use.
- **When using the self-sterilising method, please ensure the teether, box and microwave (including the waveguidecover and turntable) are COMPLETELY CLEAN and free from dirt, food residue, fat or oil splashes. If not, this could lead to the product or box melting and the microwave sparking or the waveguide cover burning!**
- Hold box and fill to the mark with 25ml / 0.9 fl oz of water (fi g. B).
- Place mini teether in the box.
- Close box and heat in the microwave at 750 – 1,000 watts for 3 minutes (fi g. C).
- Follow the user-manual-instructions of your microwave. Don't put the steriliser box at the center of the turntable. Don't leave your microwave unattended during sterilising process! Stop the microwaving-process immediately if whole water is vaporised.
- Allow to cool for at least 10 minutes.
- Open microwave. CAUTION! The box, water and the mini teether may still be very hot after the 10 minute cooling period!
- Open box and drain remaining water. Leave mini teether to dry in slightly open box.
- Check the temperature of the mini teether before use!
- Improper water level, power level or time setting can damage the microwave, mini teether and box and result in poor disinfection!
- For use only with MAM mini teethers!
- Keep steriliser-box away from children.
- After microwave sterilisation, mini teethers kept in the closed box will remain disinfected for a minimum of 48 hours.



Disinfected in 3 minutes – for up to 48 hrs.

7. Developmental Toys

MAM Friends Lucy/Elle/Max/Bob

Instructions for use:

- Before the first use boil the product for 5 minutes. Afterwards it is not recommended to boil the product again, as regular boiling may damage the product over time.
- For regular cleaning, only wipe the surface with a damp cloth and air dry. Do not sterilise or boil as this might damage the product over time.
- Do not place in a dishwasher or microwave.
- Do not put into the freezer.
- This is not a bathing toy, do not leave soaking in water.
- Do not store exposed to direct sunlight.

For your child's safety and health

Warning!

- Inspect before and after each use and discard if worn or damaged!
- Packaging is not a toy! Remove all packaging prior to use.
- Note that due to the natural rubber material slight discolouring might occur.

Produced from natural rubber latex. Be cautious if known to be allergic to latex.



8. Cleaning & Sterilising

MAM Soft Brush

Instructions for use:

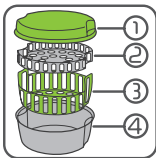
- The Bottle Brush is made from high quality materials: bristles and teat brush: TPE; handle: PP
- Clean before first use and at regular intervals thereafter.
- Check all components before each use and throw away at the first signs of damage or weakness.
- Defect brushes can damage bottle and teat.
- To ensure hygiene rinse the bottle brush thoroughly after use and let it dry in a well-aired place.
- For disinfection wash with detergent and warm water.
- The bottle brush can be placed in a dishwasher (cutlery or top rack) at low temperatures (~ 60°C).
- Do not rest the bottle brush directly on the soft bristles in the dishwasher. Place the bottle brush in the cutlery or top rack, bristles up for dishwashing.
- Do not use aggressive cleaning agents.
- Food colourings may discolour the bottle brush.
- Do not boil, steam or microwave sterilise.
- Otherwise deformation of bristles can occur.
- Suitable for cleaning all bottles and teats.
- The Soft Brush is also especially suitable for cleaning MAM Cups.

Warning: The Soft Brush is not a toy. Please keep out of the reach of babies and children.

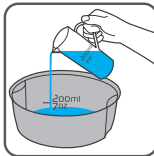
Microwave Steam Steriliser

Microwave Steam Steriliser Usage:

- 1) Carefully wash all items (soothers, bottles etc.) and components in mild soapy water and then rinse with clean water.
- 2) Open the latch on the microwave steam steriliser. Remove the lid. Take the upper and lower baskets out as necessary.



- 1 lid
- 2 upper basket
- 3 lower basket
- 4 base

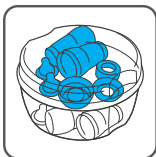


3) Pour exactly 200ml / 7 UK fl oz into the base of the microwave steam steriliser. The use of a measuring cup is recommended. Please pay attention to the measure marking inside the base! Ensure an exact measure of water.

4) To begin the cleaning process, disassemble each product to its individual components. MAM Bottles and MAM Cups must be completely disassembled, including removing the vented base element. Steaming assembled or partially assembled components can damage the bottle.

5) Place the bottles and components in the microwave steam steriliser. In the MAM Microwave Steam Steriliser the products can be flexibly arranged on 2 levels and the steriliser holds up to:

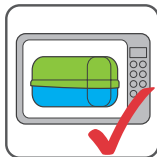
- 6 MAM Easy Start 5.5 oz bottles or
 - 4 MAM Start 9 oz bottles or
 - 5 MAM Easy Active 11 oz bottles or
 - 6 MAM Easy Active 9.5 oz bottles
- incl. additional products like soothers.



6) With the products inside, replace the lid and close the latches. The lid must "click" into place.

7) Place the appliance in the microwave. Should the appliance not fit into the microwave, please check that the lid has "clicked" into place correctly.

8) The appliance is suitable for microwaves from 650 to 1850 Watts. Time required to properly complete the cycle will depend on the power



of the microwave used. Please follow the times shown in the table:

Wattage	Time*	Cooling time
650 W – 1000 W	11 min	3 min
1050 W – 1800 W	6 min	3 min
1850 W:	5 min	3 min

*max. power

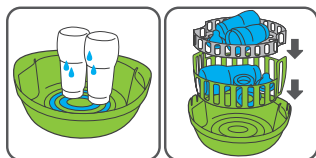
9) Allow the microwave steam steriliser to cool down before removing from the microwave. Recommended cooling time: in minimum 3 minutes at opened microwave door. Hold the steriliser straight when removing.



10) After the process is complete, products and components stay disinfected for up to 48h provided the box is not opened.

11) **CAUTION** when opening the steriliser after use. Hot water vapour can escape and the remaining water may be very hot – SCALDING HAZARD.

12) Residual water in the products can be removed using with the draining function of the lid. There are drainage grooves on the inside of the lid. Products can be placed in the inside of the upturned lid individually or with the baskets.



13) Use the tongs to remove and assemble the components, especially for components in direct contact with baby's mouth.
14) Pour away any water from inside the steriliser and dry with a soft cloth.

Directions for use with cold water sterilising solution:

- Carefully wash the bottles and components in mild soapy water and then rinse with clear water.
- Various commercially available anti-bacterial solutions or tablets can be used in the MAM Microwave Steriliser.
- Always follow the manufacturer's instructions.
- Fill the base of the microwave steam steriliser with water. The quantity of water and the amount of time required depends on the instructions from the manufacturer of the solution or tablets and the number of products you wish to clean. All components must be fully immersed.



- Air bubbles in bottles and other components affect proper cleaning and should be removed.
- Sterilising solution must be regularly renewed, according to the manufacturer's instructions.
- Pour away any surplus solution.

General Information:

- The microwave steam steriliser should only be placed on solid, flat, dry and non-flammable surfaces.
- The microwave steam steriliser is designed for use with commercially available microwave appliances. There must be enough space between the microwave and steriliser.
- The steriliser must not touch the microwave walls. Do not force the steriliser into the microwave. Using it in too small a microwave can damage the steriliser and the microwave.
- Do not use the device for metal or electronic parts. Take care to remove any elements from composite products that cannot withstand this treatment.
- Filling the steriliser with inaccurate water measures can damage the steriliser and the microwave. Always use the correct quantity of water. Too much or not enough water will both result in inferior performance. Never place in the microwave without water.
- Do not use bleach.
- TAKE CARE when handling recently cleaned items: they may still be hot.
- Wash your hands before touching disinfected items.
- Do not use abrasive cleaning agents. Please only use soft brushes or sponges. Hard objects can scratch the surface.
- Microwave steam steriliser can be washed in the dishwasher.
- Only store the appliance dry.
- To avoid lime scale, pour any surplus water away and dry the appliance with a soft cloth. Slight lime scale can be wiped away with a damp cloth. More stubborn lime scale can be removed with diluted household vinegar.
- To avoid stubborn lime scale and safeguard the steriliser's proper function, it is recommended that the steriliser be regularly de-scaled, especially in regions with hard water.

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

- Keep all components out of the reach of babies and children.
- To avoid stubborn lime scale and safeguard the steriliser's proper function, it is recommended that the steriliser be regularly de-scaled, especially in regions with hard water.

