



## Do not warm baby bottles in the microwave!

*Using a microwave to warm baby bottles can be dangerous! Liquid heats unevenly in a baby bottle. These “hot spots” can burn a baby’s mouth even if the bottle has been shaken.*

### Warm it...Safely

Heat the filled bottle by putting it in a pan of warm water for a few minutes. Shake bottle and let a drop of formula land on your wrist. If it feels hot to you, it’s too hot for baby’s mouth! Let bottle cool, shake and retest. If liquid feels warm on your wrist it’s safe.

- **Do not heat food in a baby food jar!**

It can get hot spots, just like a baby bottle. When heating food, put small amounts on a microwave safe plate or bowl and cover loosely. Let food cool for the same amount of time it was heated. **Always check the temperature of food before offering it to your child.**

- **Never hold a child while removing food from the microwave!**

Food can splatter, hot steam can burn. Child could touch the food or plate and get burned.

- **Do not reuse containers.**

Frozen dinner plates are made for one-time use only. Margarine tubs and food containers are not made to be used for cooking and may be harmful.

- **Not all glass is safe to use.**

Some glass can safely be used in the microwave. To check, put some water in the glass container and microwave on HIGH a few minutes. If the glass gets hot **do not use it – it’s not safe for the microwave.** If the glass is cool or lukewarm it is OK to use.

Graphic courtesy of Shriners Hospitals for Children



[www.chadkids.org/goto/childhealthmonth](http://www.chadkids.org/goto/childhealthmonth)

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