

Electrolux has especially prepared this brochure to help improve your knowledge of household appliances so that you can do even more to provide for your child's well being. This brochure has been especially prepared to help improve your knowledge of household appliances so that you can do even more to provide for your child's well being. Now you will be able to deal with such questions as:

- ▶ How can you best store breast milk in a deep freezer?
- ▶ What's the proper way to unfreeze and heat breast milk?
- ▶ What's the optimal method of warming up baby's milk or food?
- ▶ Should baby's clothes always be washed at 95°C?

In addition to answering these questions and many more, this brochure also includes lots of helpful and timesaving bits of information. There is even a special section with tasty recipes, a helpful feeding plan and a removable guide to European washing symbols that can be kept with your washing machine and dryer!



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ILLUSTRATIONS DAVID MERVELLE

GRAPHICS APLANOS



Our special thanks go to the Belgian Paediatric Society for their kind support in verifying the content of this brochure, and especially to Professor S. CADRANEL, Chief of the Paediatric Unit at "HUDERF [Hôpital Universitaire des Enfants Reine Fabiola]", Treasurer of the Belgian Paediatric Society.



HELPFUL ADVICE TO CARE FOR YOUR BABY

 **Electrolux**
makes life a little easier

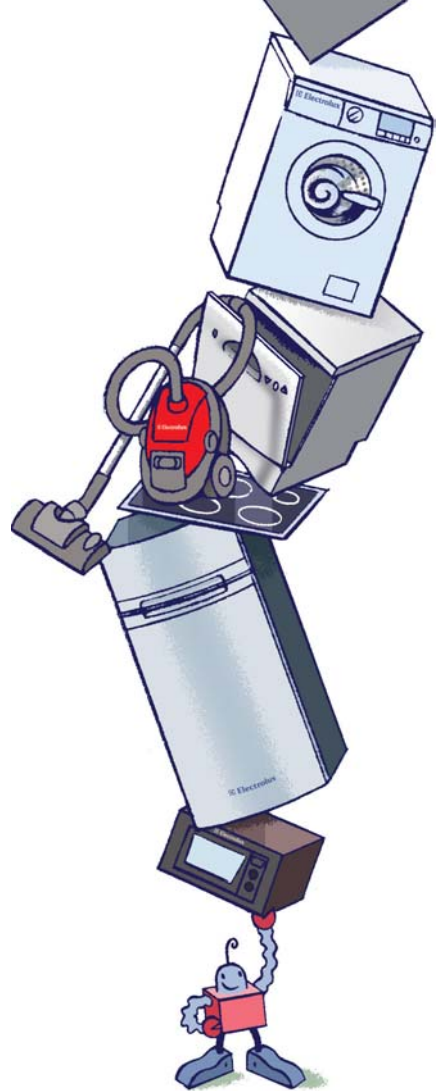
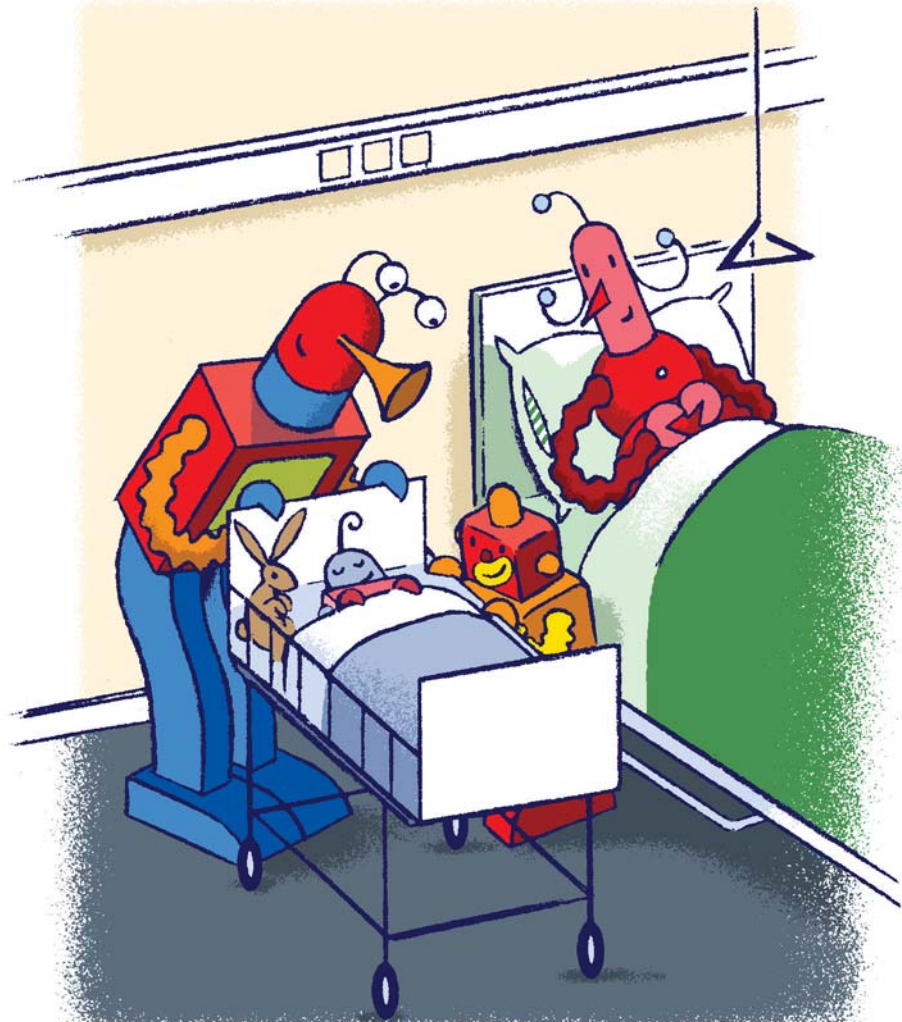


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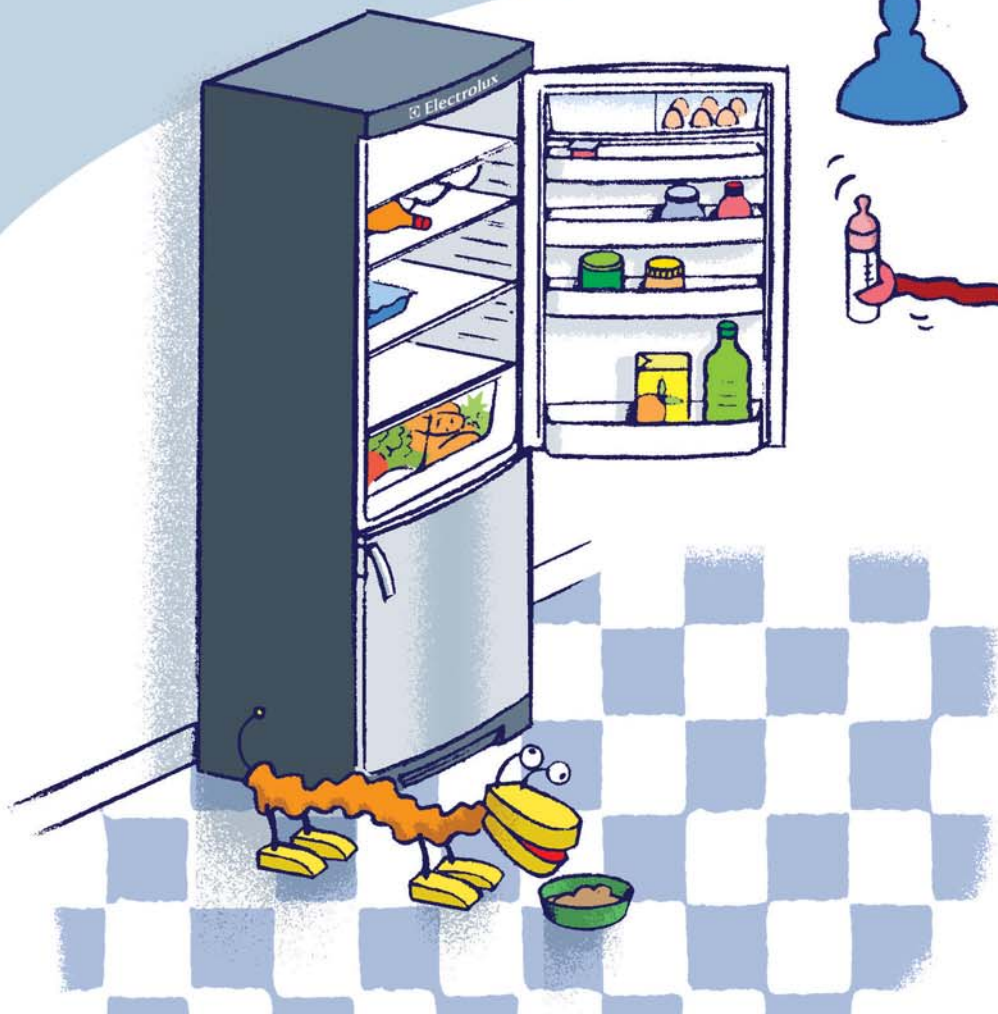
Dear Mom and Dad, Grandma and Grandpa
(and potential babysitters),

Let us be one of the first to congratulate you on the arrival of your new baby!

Most young parents see the world from an entirely new perspective when a baby is born. Your day-to-day schedules become more complex and the need for support in the household increases drastically. Fortunately, today's appliances are designed to increase both your and your new baby's comfort. However, learning how to take full advantage of the multiple benefits of household appliances is often overlooked in the rush. That's why this brochure has been especially put together to help improve your knowledge of appliances so that you can do even more to provide for your child's well being.

We wish you and your family all the best!

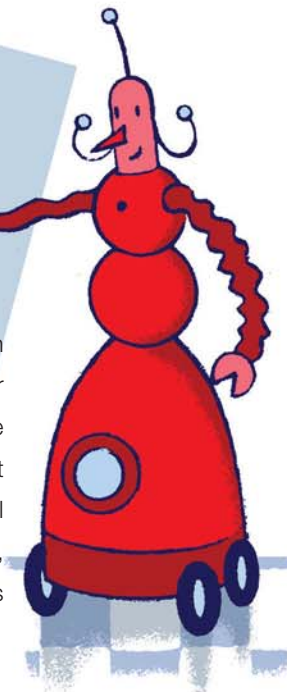
Electrolux



A mother's milk

Most mothers choose to feed their children breast milk in the first few months of life. There are many benefits for the newborn. The milk is always sterile, fresh, and at the perfect temperature. Additionally, there is no extra cost and it can be offered whenever needed. Breast milk includes all of the essential nutrients your baby needs - proteins, fats, carbohydrates, vitamins and minerals. And uniquely, it provides the antibodies that help newborns avoid disease.

However, with increasingly busy schedules, sometimes it is necessary to put milk aside for future use. Given that we are dealing with your child's food and healthy development, proper storage is absolutely essential.



Cooling

- ▶ Milk stays fresh in the refrigerator for a maximum of 24 hours, providing the temperature remains at 4°C.
- ▶ Previously chilled milk can be mixed with fresh milk, but only if it's from the same day.
- ▶ If you can't chill the milk for storage, be sure to use it within six hours.

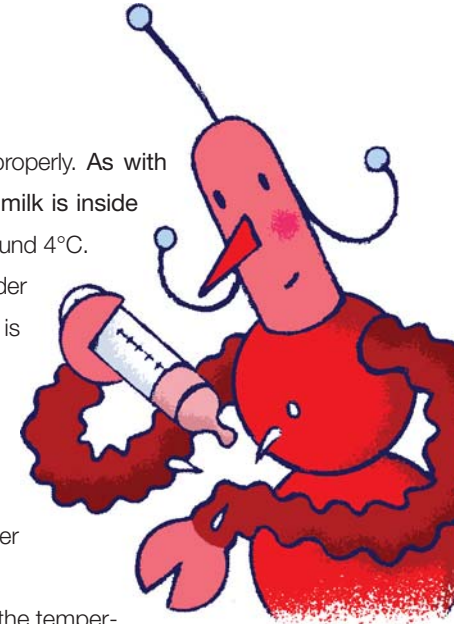


Freezing

- ▶ In a freezer with a two or three-star rating, milk can be stored for three to four months.
- ▶ You can use deep frozen milk for up to six months if it is kept at a constant -18°C. The important thing is to avoid any temperature variations! Modern, electronically controlled freezers keep temperature at a perfectly even level and give warning signals in case of power failures. Always throw away ANY milk that you consider at risk.
- ▶ Putting stickers on the storage container with date and time of day gives you tight control and a continuous overview of your stock.

Defrosting and warming up

- ▶ Deep frozen milk needs time and care to defrost properly. As with defrosting any food, the best place for defrosting milk is inside the refrigerator. This allows it to gently defrost to around 4°C. It will take some practice to get the timing right in order to have the milk available for the next feeding, but it is well worth the effort.
- ▶ Sometimes the water and fat in the milk separate inside the container. Gently shake it and it will return to its normal consistency.
- ▶ Defrosted milk should be used within 6 hours. Never re-freeze it and always dispose of any leftovers.
- ▶ Breast milk should be heated to around 37°C. Test the temperature by squirting a drop or two onto the inside of your wrist where you take your pulse. If you do not feel much of a difference in temperature then it is optimal for feeding. But be careful! Milk that is too hot can cause burns and milk that is too cold may cause intestinal problems.



- ▶ Heating milk in the microwave should always be done in suitable feeding bottles. Check the manufacturer's advice first. Always heat milk in open, sterilized bottles, with the top covers and nipples removed before heating.
- ▶ Heat the milk only once and use it immediately. Never re-warm milk, even slightly, and dispose of any remainder after use.

Prepared Formula

You may, at some point, choose to provide your baby with a prepared liquid or powdered formula. Consult your pediatrician or physician as needed for advice. Follow the manufacturer's instructions carefully and the storage and heating guidelines given above.



The gastrointestinal tract of a baby is not mature at birth. Breast milk is the only food really ready made for infants and all pediatricians recommend, at least for the first few months, mother's milk as the first choice whenever possible. Remember, however, that when you are breast-feeding, what you eat will affect your baby. Strong spices, acid or alkaline foods in the mother's diet can become irritants and quickly affect a baby's intestinal tract and even health. Eating fresh products with lots of vitamins and minerals will help keep you strong and healthy and provide the best possible milk for your child. Keeping sufficient quantities of fresh food properly chilled or frozen is not only of vital importance from a health standpoint, it also saves you time by eliminating unnecessary trips back and forth to the grocery store.

If you are uncertain about the look and feel of the milk, put your baby's health first and your own convenience second. Dispose of it. For specific advice consult your pediatrician.



The move to solid foods

After the fifth or sixth month, your baby's natural iron reserve will have been depleted. Now your baby needs to refuel its iron requirement through food. Non-acidic vegetables like carrots and broccoli are often used in the first phase of the transition to solid food. If you do not wish to use meat, you may select millet as an alternative. It is an excellent source of iron. Once a week your baby should eat an egg yolk, well boiled of course, to avoid any danger of salmonella. All children are different, of course, and will grow accustomed to the new foods at different paces.



Many new mothers and fathers find the task of daily cooking for their baby quite daunting, even if only from a time management perspective. Parents naturally opt for their child's well being over their own, so here are a few time — and stress — savers that will give you a helping hand.

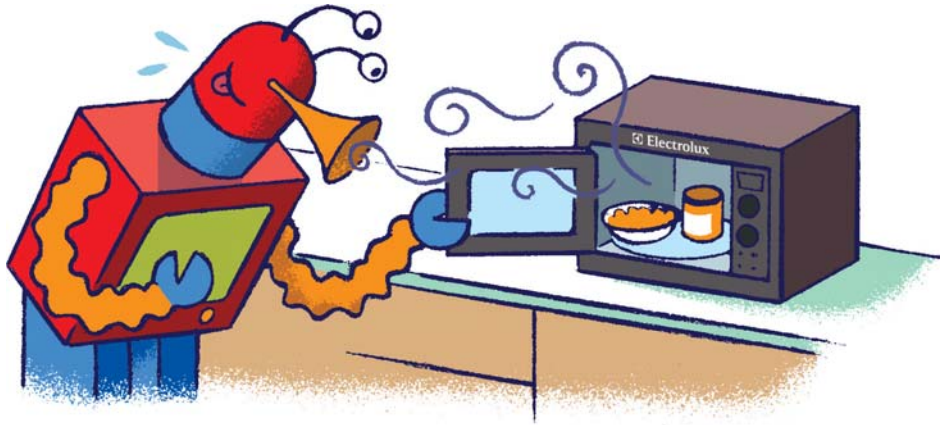


- ▶ Always keep your freezer stocked with wholesome fresh and nutritious ingredients, that way you are never caught short.
- ▶ Preparing food for a baby is quite time-consuming, but using a freezer can save time, trouble, and energy. To prepare a quick, nutritious meal for your baby, freeze small portions of blanched (cooked for 1 minute in boiling water) vegetables in the freezer. This will preserve all the minerals and vitamins found in fresh produce.
- ▶ Frozen food is safe. Modern, electronically controlled freezers keep the temperature at a perfectly even level and give warning signals in case of a power outage. This is an important safeguard and ensures that the food has not defrosted and then re-frozen while you were away or even sleeping.
- ▶ Since you will most likely be combining baby food with your baby's regular milk at first, it is important to continue following all of the previous advice!

Perfectly fresh at zero degrees

Modern refrigerators with “No-Frost” or “Zero-Degree” compartments are a perfect solution for storing fresh ingredients for several days. They keep vegetables, fish, poultry, and meat at the perfect temperature and humidity so it's easier to maintain stocks of fresh food without any going to waste.



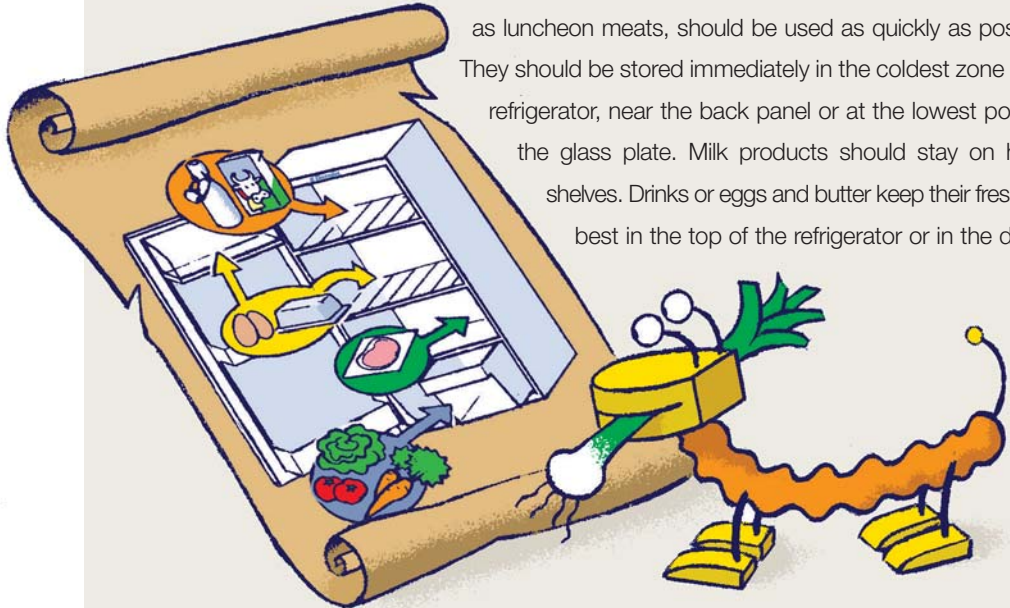


Heating meals

- ▶ Heat up baby food carefully in a water-bath on your stove or in the microwave. Ensure microwave-heated meals are stirred well to distribute the warmth equally and always taste it yourself before feeding your child to make sure both the temperature and flavor are right.
- ▶ Do not overheat food, otherwise important elements like vitamins will be lost.
- ▶ Commercially prepared jars of food are often easier to handle on trips. The products are carefully processed and easily digestible, and the purity is strictly controlled.
- ▶ Use vegetable oil to add important fatty acids if you make your own puree. Avoid salt and spices to reduce the risk of intestinal problems and dependence on flavor additives.

An important part of any tasty, fresh-cooked meal is a thorough knowledge of the best way to store individual vegetables and foods. Vegetables like lettuce, Brussels sprouts or carrots retain all of their nutrients and stay fresh and attractive for several days in the vegetable drawer of the refrigerator. Each vegetable should be stored separately, using freezer bags or plastic storage containers. After purchase, prepared meat, such as cooked ham, roast meat, slices of roast beef and similar products such

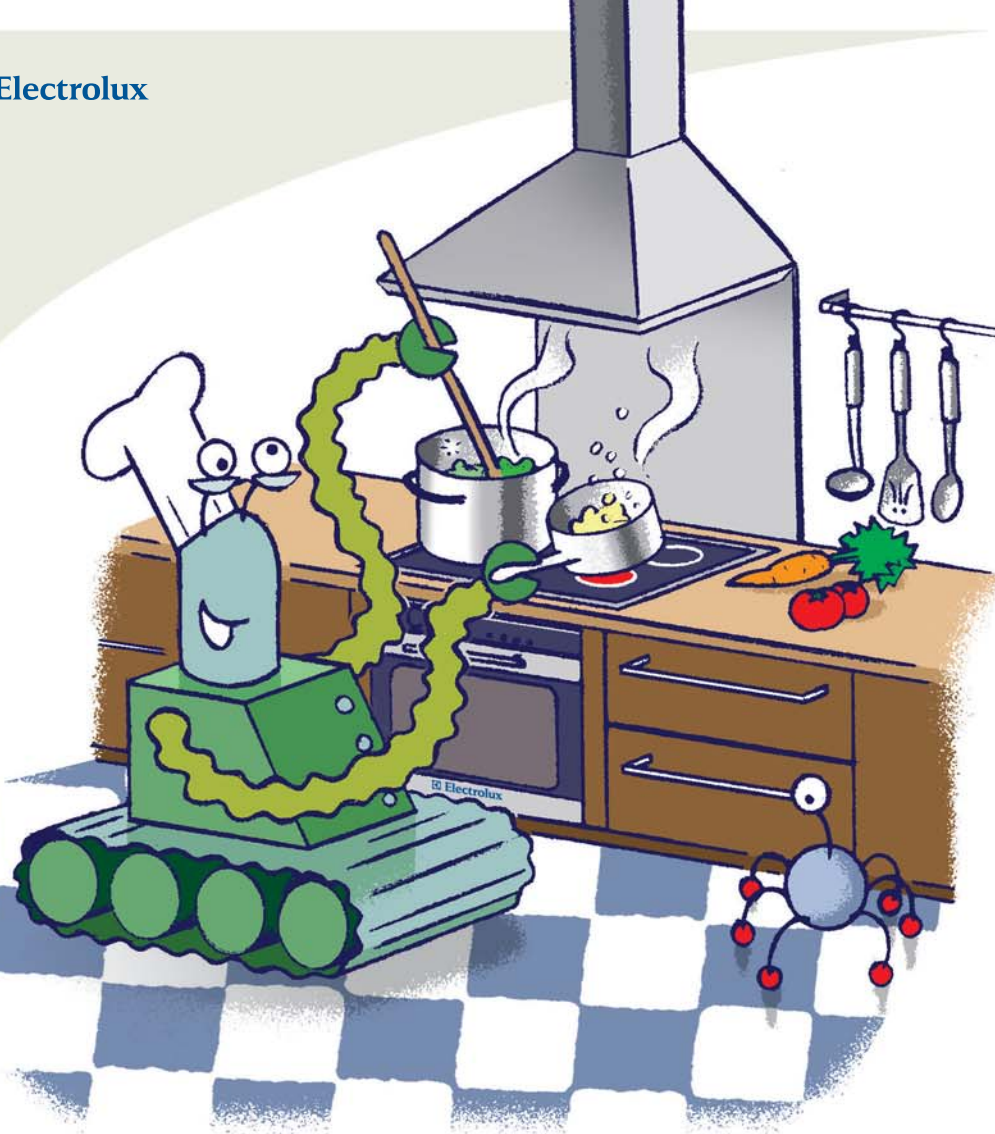
as luncheon meats, should be used as quickly as possible. They should be stored immediately in the coldest zone of the refrigerator, near the back panel or at the lowest point on the glass plate. Milk products should stay on higher shelves. Drinks or eggs and butter keep their freshness best in the top of the refrigerator or in the door.



Preparing home cooked meals



Self-cooked meals are healthy, wholesome and retain the natural vitamins and minerals your baby needs for good health, growth, and maintenance. Most pediatricians and hospitals strongly recommend that you cook all fresh puree meals for your child. Pediatricians also recommend that you make home cooked meals if your child suffers from food allergies. This allows you to more strictly control its content.



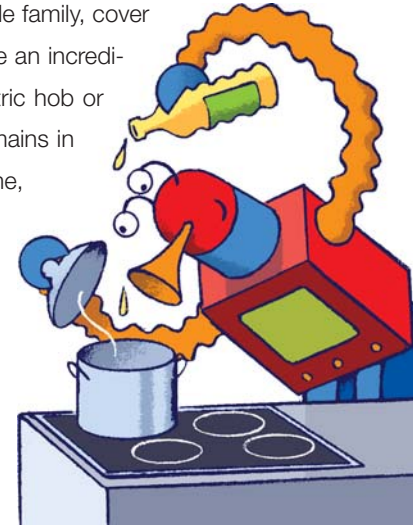
Remember, there is no difference between a healthy meal for your baby and a healthy meal for you. Every season has its own special new taste treat for your baby. Take a good look around when you buy fresh food at the market. If you wish, select the so-called bio products when they are good seasonal buys or become available in quantity. Prepare larger quantities and freeze them in single portions. This way you profit from low prices and stock up on a much greater variety of fresh foods. Baby-puree stays fresh for at least two months in the freezer

at constant -18°C . A handy tip is to add one tablespoon of fat (oil or butter) right after warming up. Fat-soluble vitamins will then retain their potency better.

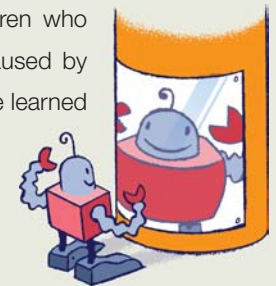


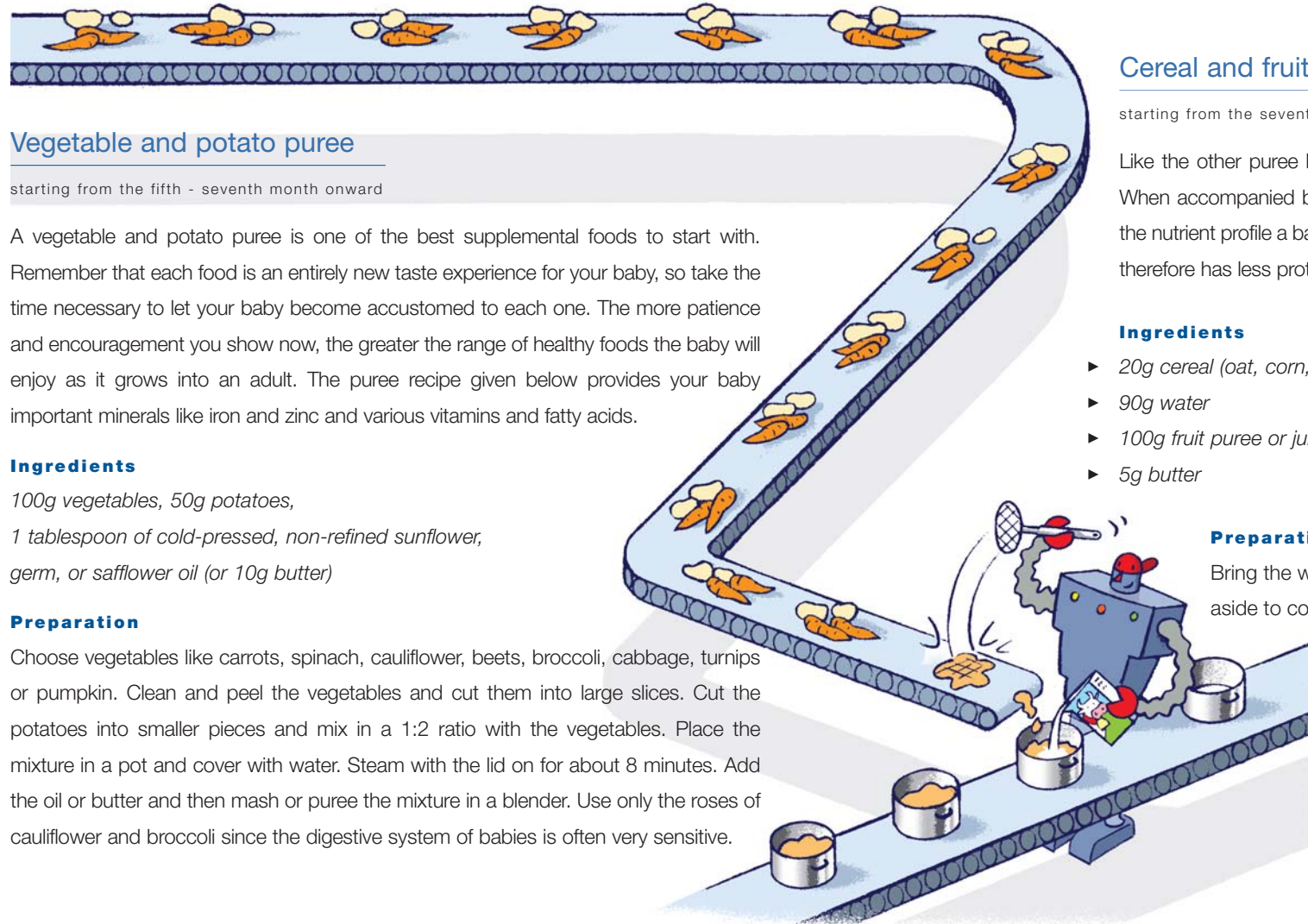
Some advice...

- ▶ Whether you are cooking just for your baby or the whole family, cover your pots and pans with a lid. Otherwise you will waste an incredible 300% of the energy you use! Using either an electric hob or gas cooker, cooking with a lid means that the heat remains in the pan. This also significantly reduces the cooking time, and with a hungry baby, every minute counts. Cooking 1.5 liters of soup without a lid requires up to three times more energy than cooking with a lid!
- ▶ Another tip is to use as little liquid as possible when cooking your food. For example, to cook vegetables or potatoes for your baby puree, you only need 0.125 to 0.250 liters of water.



Public health authorities in most developed countries have noted an alarming and dramatic increase in the number of children who suffer from obesity, diabetes, arthritis, and other diseases caused by dietary overdoses of fat, sugar, and salt. Since eating habits are learned in the home, it is critical that you accustom your baby to fresh, healthy, well-prepared meals. This will go a long way towards building healthy eating habits throughout life.





Vegetable and potato puree

starting from the fifth - seventh month onward

A vegetable and potato puree is one of the best supplemental foods to start with. Remember that each food is an entirely new taste experience for your baby, so take the time necessary to let your baby become accustomed to each one. The more patience and encouragement you show now, the greater the range of healthy foods the baby will enjoy as it grows into an adult. The puree recipe given below provides your baby important minerals like iron and zinc and various vitamins and fatty acids.

Ingredients

- ▶ 100g vegetables, 50g potatoes,
- ▶ 1 tablespoon of cold-pressed, non-refined sunflower, germ, or safflower oil (or 10g butter)

Preparation

Choose vegetables like carrots, spinach, cauliflower, beets, broccoli, cabbage, turnips or pumpkin. Clean and peel the vegetables and cut them into large slices. Cut the potatoes into smaller pieces and mix in a 1:2 ratio with the vegetables. Place the mixture in a pot and cover with water. Steam with the lid on for about 8 minutes. Add the oil or butter and then mash or puree the mixture in a blender. Use only the roses of cauliflower and broccoli since the digestive system of babies is often very sensitive.

Cereal and fruit puree

starting from the seventh - ninth month onward

Like the other puree listed above, this one has only a few ingredients. When accompanied by the other recipe and milk feeding, it completes the nutrient profile a baby needs. This puree is prepared without milk and therefore has less protein and must be combined with the other purees.

Ingredients

- ▶ 20g cereal (oat, corn, wheat flakes, semolina or other cereal)
- ▶ 90g water
- ▶ 100g fruit puree or juice
- ▶ 5g butter

Preparation

Bring the water and cereal to a boil and when cooked set it aside to cool. The cereal will start to swell while cooling and take on a semi-liquid consistency. Add the butter and fruit puree or juice and stir in well. Make sure it is not too hot before feeding.



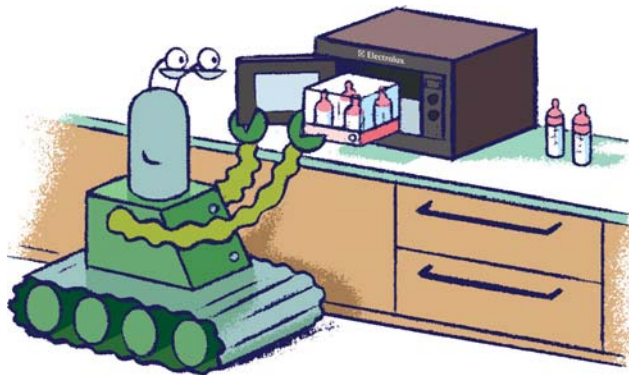
Dishwashers as time and money savers



With so much to deal with in your first months with a new baby, the dishwasher is a welcome solution for saving both time and money while ensuring your kitchen stays free of bacterial risks. Here are some basic facts to remember:

- ▶ The average family of four may spend more than 300 additional hours per year if they wash the dishes by hand instead of using a dishwasher. That is more than twelve days you could be spending with your baby or the rest of your family!
- ▶ Rinsing dishes before placing them in the dishwasher helps remove large pieces of food and prevents sticky food residue.





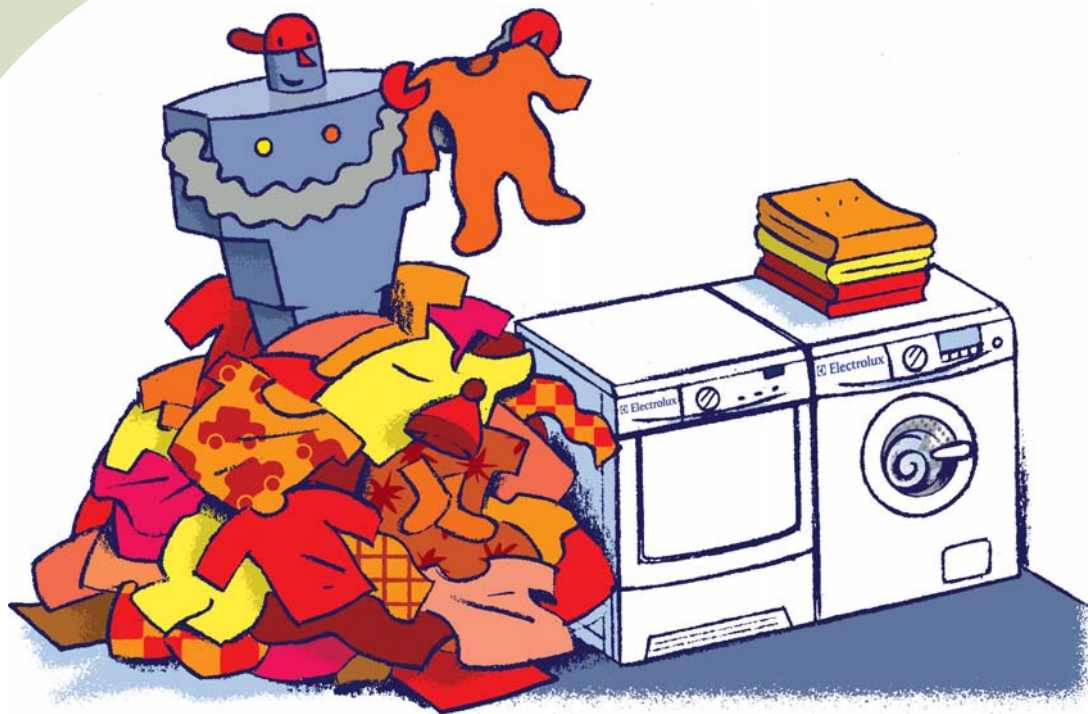
- ▶ At 65°C, your dishwasher uses a far higher water temperature than if you wash the dishes by hand. One important result is that harmful bacteria, which may stick to your dishes even after hand washing, are destroyed.
- ▶ Contact between the drying towel and dishes favors the reproduction of bacteria. The heated air in the dishwasher, on the other hand, will prevent germs from growing.

Although opinions vary, we suggest that you do not use your dishwasher to clean feeding bottles or nipples during the first six months of a baby's life. The appliance itself is not the issue here but rather the chemicals used in cleaning solutions and detergents of lower quality. Some infants are not yet equipped to handle even the slightest residue that may be inadvertently left on surfaces. The safest alternative is a steam sterilizing kit. The easiest models are those that can be used in microwaves, providing for the total destruction of all harmful bacteria in a matter of minutes.



Recent studies confirm that washing up by hand can result in bacteria remaining on baby bottles and nipples as well as other utensils, glasses, and dishes. Under favorable conditions such as lukewarm water, a single germ can multiply into four million in only eight hours. In contrast, the dishwasher is a safe alternative as it not only guarantees clean and germ-free dishes, it also saves time and energy. Before you clean baby bottles or other baby items in a dishwasher, be sure to read and follow the manufacturer's instructions.

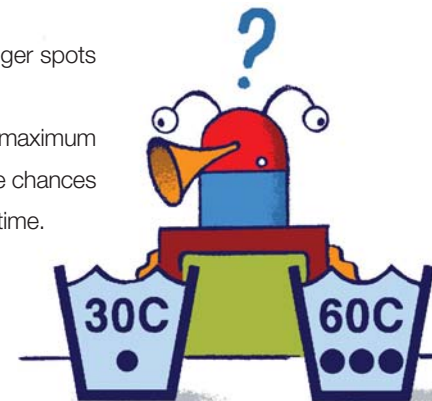




Washing and drying clothes

Babies are sweet and wonderful, but they constantly drool and soil their clothes with milk, puree or other weird and wonderful things. Here are a few helpful hints and facts to consider as you find yourself changing your baby's clothes for the third — or tenth — time in a day.

- ▶ Wash soiled clothes immediately. The longer spots remain, the harder they are to remove.
- ▶ Check the fabric care label and use the maximum temperature allowed. This will increase the chances of completely removing the stain the first time.



Textile Knowledge

Babies have very sensitive skin and nothing is more comfortable for them than pure natural textiles such as cotton. However, cotton may be subject to some shrinkage in the first wash. To minimize the risk of shrinkage, it is important you follow the washing guidelines on the care label. In addition, clothing, when new, has a fabric finish applied which can make the fabric less absorbent and less comfortable on the skin, so it is a good idea to wash the garment first before dressing your baby.



Do baby clothes have to be washed at 95°C to be sure they are hygienically clean and bacteria free?

Today's detergents have been developed to wash laundry clean, even at low temperatures.

Some advice...

When you wash any clothes, your baby's or your own, always take care to use a detergent and a softener which has been dermatologically tested.

Allergic reactions are the most frequent chronic condition encountered by infants and young children. Food, pollen, animal hair, house-dust or environmental pollutants sometimes confuse the immune system. Some allergens can even have a cumulative effect. But remember, viruses and bacteria are normal circumstances in a child's life. In fact, a child actually needs to get in contact with a little dirt to strengthen the normal development of the immune system. The old saying that too much of anything is usually not healthy turns out to have a solid foundation in fact.

How to reduce allergic reactions

The number of allergic patients has doubled over the last two decades in Europe and the rate of allergic reactions continues to rise. So what should you do if someone in the family - or even the baby - develops an allergy?

Use a tumble dryer!

- ▶ Tumble-drying gives allergic substances like pollen or animal hair much less opportunity to remain in clothing than air drying, even indoors.
- ▶ Fluff sieves catch dust and animal hair and remove it from the hot circulating air.
- ▶ A dryer has the added bonus that it takes less time to dry clothes. You have fresh clothes available much more quickly.

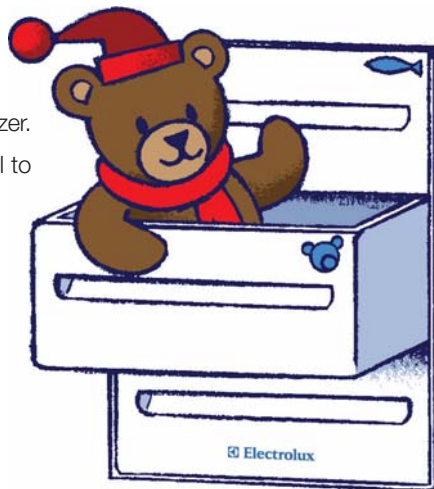


Cuddly toys and dust mites

All baby toys should be washable. Pre-washing reduces possible harmful or allergenic substances and reduces the number of dust mites. Microscopic organisms found in every home, dust mites can cause allergic reactions even when dead since it is actually their excretions that cause allergies. Nearly 40% of all Europeans suffer from some degree of household dust mite related allergies and the numbers are growing.

If your baby's favorite toy turns out not to be washable, here is a simple but helpful trick that will kill the dust mites that are surely there. This is especially important if your baby is sensitive to allergies.

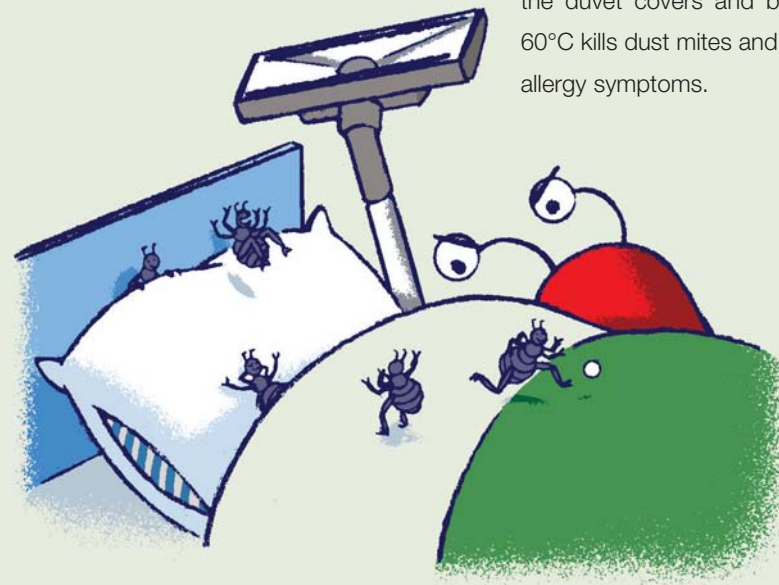
- ▶ Put the cuddly toy in a plastic bag.
- ▶ Store it for at least 24 hours inside the freezer.
- ▶ Clean it afterwards with a hot damp towel to remove the dead dust mites.



About dust mites

Household dust mites are microscopic organisms that are impossible to see with the naked eye. They have settled into our households by the billions and are a primary cause of allergies. They can be found in even the cleanest house! The actual cause of an allergic reaction is their excrement. It mixes with tiny particles of dust and stays in duvets, mattresses, bed sheets and curtains. These particles are easily inhaled. Regularly washing

the duvet covers and bed sheets at 60°C kills dust mites and helps reduce allergy symptoms.

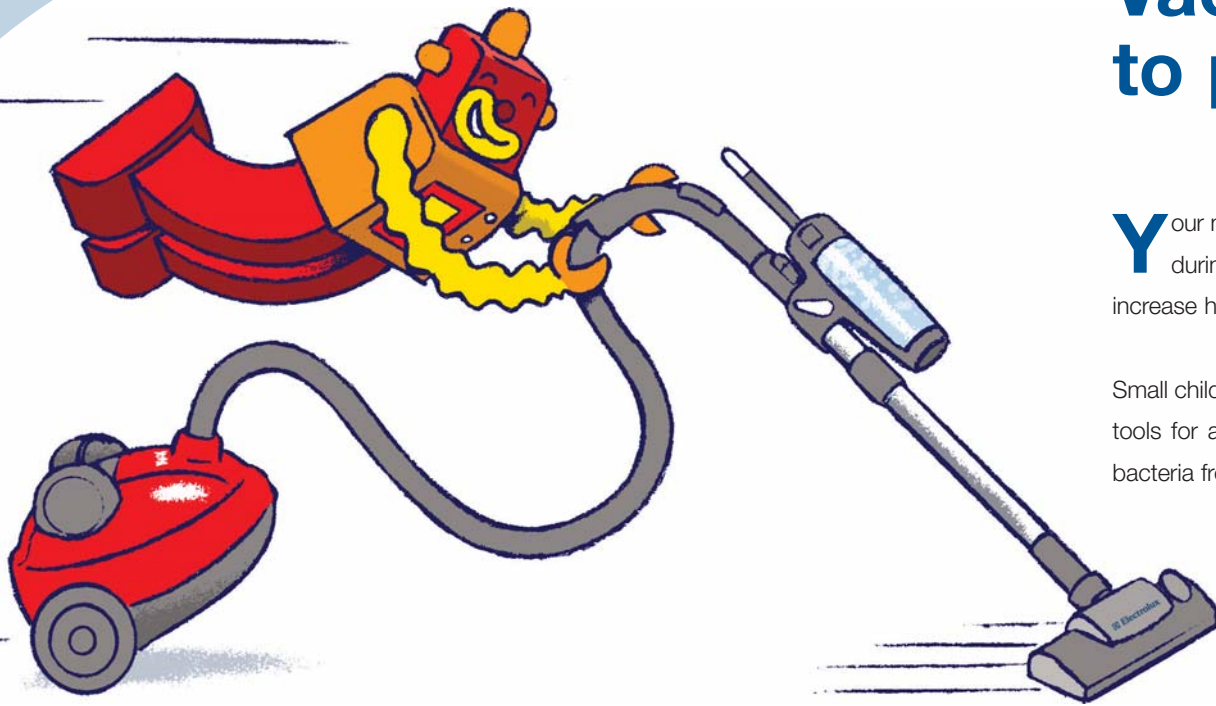


Vacuuming to prevent disease

Your new baby is especially susceptible to infections, bacteria and disease, particularly during the first few months of its life. By giving your child a clean home, you will increase his/her well-being and reduce the risk of illness.

Small children love to explore every surface in the home. As taste and smell are prominent tools for a small child, they love putting things in their mouths. They can also pick up bacteria from the floor, so keeping surfaces clean is a must.

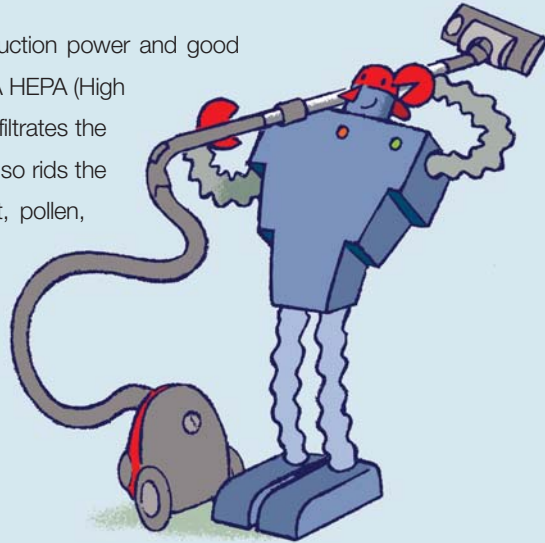
However, some children are frightened of or wake easily from their sleep due to the sound of a vacuum cleaner. A good solution to this problem is to use a vacuum cleaner that has a very low noise rating while still providing undiminished power.



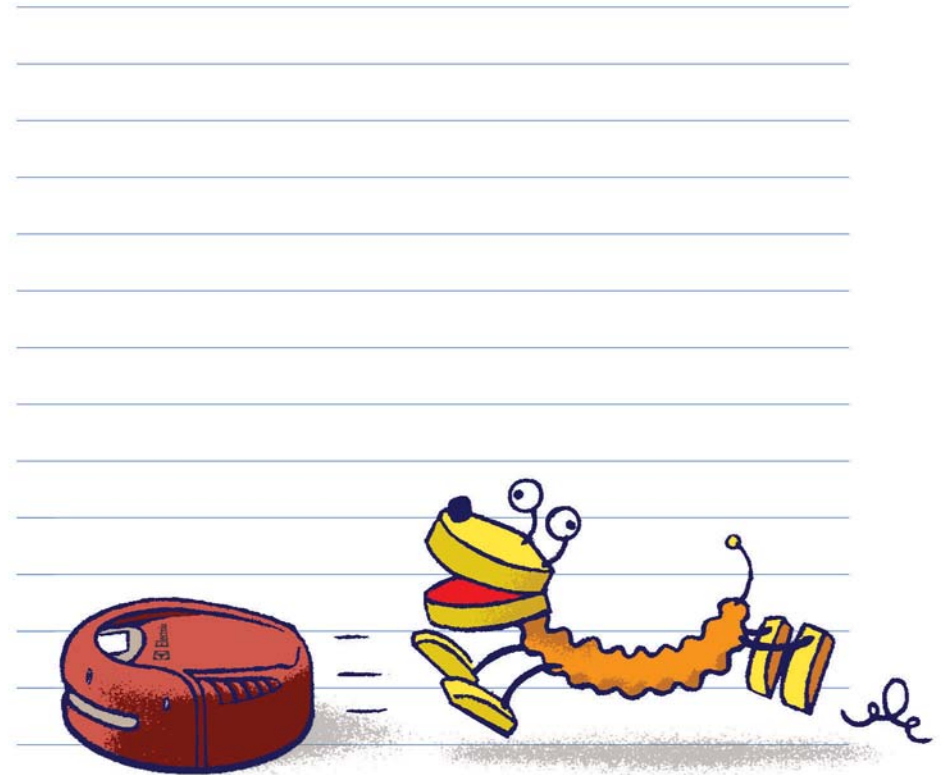
Helpful tips from Electrolux

to keep your home clean for babies and small children

- ▶ Vacuum often, at least once a week. When your child starts to crawl you will often need to vacuum every day.
- ▶ Wet clean your floors regularly, at least every second week, especially in the kitchen, hallways and bathrooms.
- ▶ Replace your vacuum cleaner's dust bag often to maintain optimal vacuuming performance.
- ▶ Use a modern vacuum with a high suction power and good filtration, preferably with a HEPA filter. A HEPA (High Efficiency Particulate Air) filter not only filtrates the air passing through the vacuum, but also rids the air in the room of particles from dust, pollen, bacteria and smoke.
- ▶ Don't stop with just the floor – make sure the air is clean too. Increase your own and your children's well-being by using an air cleaner with good filtration and low noise.

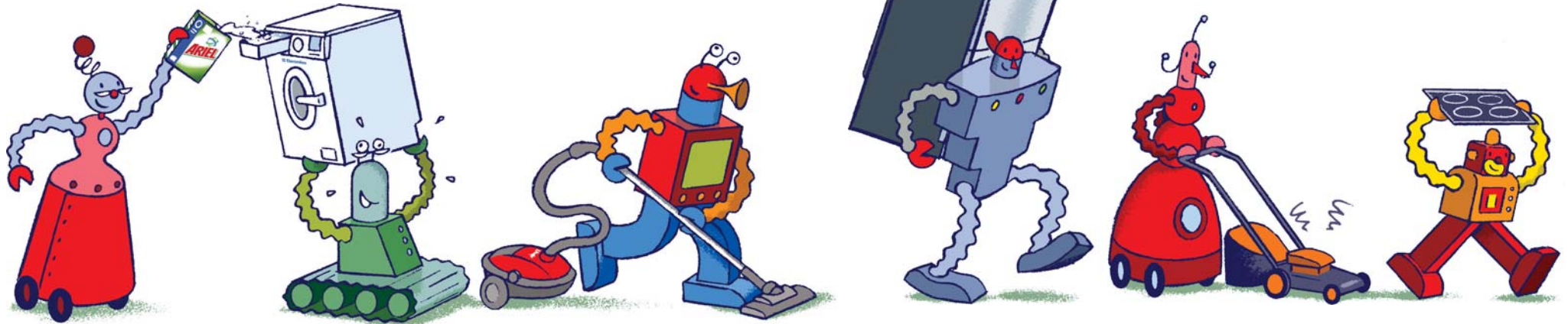


Notes



About Electrolux

Electrolux is the world's largest producer of powered appliances for kitchen, cleaning and outdoor use, such as refrigerators, washing machines, cookers, vacuum cleaners, chain saws, lawn mowers and garden tractors. The Electrolux Group sells products for both consumer and professional use in more than 150 countries and includes famous appliance brands such as AEG, Electrolux, Zanussi, Frigidaire, Eureka and Husqvarna.



Visit the Electrolux Baby Care website!

Go to <http://newbaby.electrolux.com> to find more practical information and tips to help you care for your new baby, including fun competitions, updates and other interactive features.

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AB Electrolux

S:t Göransgatan 143

SE-105 45 Stockholm / Sweden

☎ : +46 8 738 60 00

☎ : +46 8 738 74 61

Electrolux Home Products Corporation SA

Belgicastraat 17

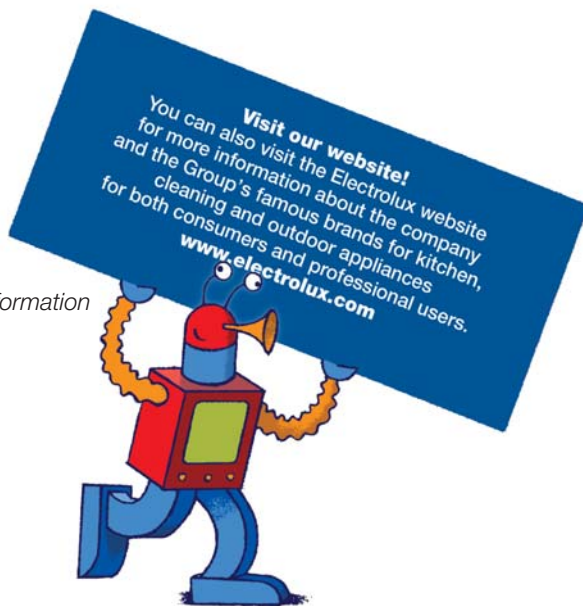
1930 Zaventem / Belgium

☎ : +32 2 716 2600

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