

HEAT A BABY'S BOTTLE

I'd like to tell you that there is nothing better than drinking from a cold mountain stream, but if truth were told, I'm a little domesticated and prefer an ice cold soda. And if it's not ice cold, we like a piping hot tea or coffee. But babies are not like us. They like it to be lukewarm, pretty much body temperature which is yucky to us, but they simply won't drink anything else.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- Find a friend or family member that can use your help heating up some bottles for them. Heat up three to earn your Nugget.
- If you don't know someone that is still bottle feeding, you can still do this task if you can borrow or buy an inexpensive baby bottle. This is a good skill to know and experience.

To warm a bottle, you place the it into a bowl of warm water for no more than 15 minutes. If you have it in there for more than this bacteria can start to form, because lukewarm is also the ideal temperature for germs. The temperature of the water in the bowl should be just cool enough that you can stand putting your hand into it.

You'll want a lid on the bottle, because as the milk is heating, it will expand and leak out of the nipple.

After a little less than 15 minutes, remove the bottle from the water and give it a good shake, this will even out the temperature because up until now the milk on the outside of the bottle has been really warm, whereas the milk in the center would still be cold.

Finally, we test the temperature of the milk by squirting or dripping a little on our inner wrist. This area of skin is quite sensitive compared to our hands. The milk should feel warm, not hot.

