

Cleft Palate Diet: For Infants Under 1 Year of Age

How should I feed my baby?

Drinking

- Do not let your baby drink from a bottle after the surgery.
- **Cup:** Check the cup before you use it.
 - A sippy cup should have a short spout. It must be vented so your baby does not have to suck. A vented cup lets the fluid run out when the cup is held upside down.
 - If the cup has a no-spill valve, take it out. You may need to poke a very small hole in the lid across from the spout so the liquid flows freely.
 - An open, uncovered cup may also be used.
 - Do not let your child use straws.



Eating

- Feed your baby with care so the palate heals.
- Use an infant spoon for feeding.
- Give your baby very soft foods
- Use pureed baby foods. You can buy pureed baby food or make your own in a blender.
- Use soft table foods such as: yogurt, pudding, ice cream, or soft scrambled eggs, mashed potatoes, mashed banana, soft cooked noodles in small pieces, and diced canned fruits.

The doctor or nurse in clinic will tell you when you can add more foods after the palate has healed.

Avoid these foods that can injure the palate as it heals:

- Hard or crunchy foods.
- Teething biscuits, crackers, hard cookies or dry cereal.
- Peanut butter and soft breads, which can stick to the palate.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.