

Cleft Palate Diet:

For Toddler, Preschool or School-Age Children

How should I feed my child?

- You will need to feed your child with care so the surgery repair may heal.
- Right after surgery, your child will eat very soft foods. Use an infant spoon for a young child. Do not use a plastic, disposable spoon with an infant or toddler. Do not let young children feed themselves.
- **Cup:** Check the cup before you use it.
 - A sippy cup should have a short spout. It must be vented so your child 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.



Foods allowed after surgery

<ul style="list-style-type: none"> • Yogurt and pudding • Soft ice cream, sherbet, or milkshakes • Instant breakfast drinks and smoothies • Soft scrambled eggs and boiled eggs • Sliced cheese • Cooked noodles and pastas • Macaroni & cheese • Spaghetti and ravioli with sauce 	<ul style="list-style-type: none"> • Pancakes • Mashed potatoes • Applesauce and soft canned fruits in small pieces • Soft cooked vegetables in small pieces • Soft cooked meats in small pieces • Soups & broths such as chicken noodle and tomato soup
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Avoid these foods for 6 weeks after surgery. These foods may injure your child's surgical site as it heals.

- Snack chips (potato chips, corn chips, cheese puffs).
- Any type of hard candy, suckers, taffy.
- Popsicles (Requires sucking)
- Peanut butter.
- Popcorn or pretzels.
- Crunchy or hard crusts or coatings on food.
- Crackers or crunchy cereals.
- Hard or crunchy fruits or vegetables such as apples, celery or carrots.

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.