

Preparing for a Cleft Palate Repair; Transition to a Free-Flowing Cup

Why will my child need a free-flowing cup?

Suction or contact from a pacifier, bottle or sippy cup (with straw, spout and/or valve) can cause damage to the recently repaired palate.

- ✓ To prevent damage to repaired palate

What type of cup is safe to use?

An open cup or a sippy cup with no spout and the valve removed. Check with your surgeon for approved types of sippy cups.

- ✓ NO spout
- ✓ NO valve

When should I offer a free-flowing cup to my child?

Begin to offer a free-flowing cup when your child has good head control, the ability to sit upright in a highchair and has begun to show interest in eating. You can usually begin around 6 months of age. **Remember, surgical repair of the palate is between 9 and 12 months of age. The transition is a gradual process.**

- ✓ Good head control
- ✓ Ability to sit upright
- ✓ Shows interest in eating
- ✓ Around 6 months old

How will my child transition to a free-flowing cup?

To begin the transition to a free-flowing cup offer a small amount of formula or breastmilk, up to 1 oz. Offer before the bottle and start with the first feeding. You will gradually increase the amount and frequency. **The most difficult bottle of the day to replace will be before bedtime. Be patient and keep it fun.**

- ✓ Start with small amounts
- ✓ Before the bottle
- ✓ Start in the morning
- ✓ Gradual process
- ✓ Be patient!