

Feeding Infants with Cleft Lip and Palate

Important Facts

- Weight should be taken and recorded at least once every week
- Keep a feeding log with date, time, amount taken and length of feeding
- Feeding should last less than 25 minutes
- Most newborns during the first few weeks will feed 8-12 times per 24 hours
- Pumped breast milk and infant formula mixed with water should be the only liquids fed through bottles

Goals for your Baby

- Feeding for optimal, adequate growth and development
- Feeding should be less than 25 minutes
- Meet growth and weight goals for corrective surgery (8 pounds or more for lip repair and 18-20 pounds for palate repair)
- Limited pacifier use
- Baby foods fed by spoon starting at 4-6 months based on the feeding progression chart discussed with you by our clinic dietician
- At 6 months, or when there is good lip closure for spoon feeding, offer formula or breast milk from a cup
- Babies needing palate repair should be skilled at drinking from a cup before palate surgery


Types of Special Bottles

Pigeon Bottle – Y-cut nipple with one-way valve; contains an air valve to prevent collapsing while sucking. Large or small nipple options are available and assistive squeezing is possible.

Dr. Brown's specialty bottle with one-way valve and air vent system to reduce gas.

Haberman bottle with one-way valve and variable flow rates; assistive squeezing is possible.

Tips for using specialty bottles

- Consult with Speech Pathology for bottle selection
 - Do not screw the collar of bottle on too tight
 - Hand clean bottle and nipples with warm soapy water and rinse well (do not boil or use in dishwasher)
 - Replace nipples every 1-2 months
 - Check with your surgeon's clinic for a new supply
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Feeding Your Baby

- Follow exact mixing and feeding instructions provided on discharge or in clinic
- Baby should be in a slightly reclined position during and after feeding
- Increase feeds weekly by 5 ml each feed. If you feed 60 ml feeds on discharge, then the next week feeds should be at 65 ml each and 70 ml the following week.
- Burp baby after every few ounces
- Clinic dietician will review infant feeding progression before introducing solid foods
- When child has progressed to table foods, avoid gummy or sticky foods or foods with sharp edges

Weight Gain Goals

Email or call your baby's weight to the nutritionist weekly.

Goals for Weekly Weight Gain

AGE	WEIGHT GOALS
1-3 months	6-8 ounces
4-6 months	4-5 ounces
7-12 months	2-3 ounces

For questions related to feeding your infant contact:

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For questions related to your infant's nutrition contact:

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Helpful Websites:

www.cleftline.org
www.widestmiles.org

