

HANDOUT: FEEDING INFANTS WITH CLEFT LIP & PALATE

[MODULE 4: Strategies to Address Feeding Difficulties in Infants with Disabilities]



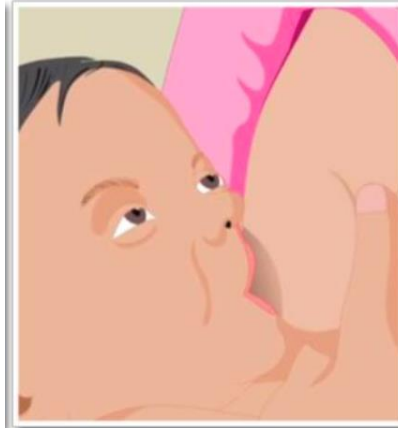
What is a cleft? Some children are born with a gap or opening in their top lip. It can be on one side (unilateral) or both sides (bilateral) of the lip. Some children are born with a hole in the top of their mouth. Some children may have both a cleft lip and palate.

Sometimes it is difficult for infants with cleft to breastfeed because milk can come out of the nose or go into the lungs. They may swallow too much air, have difficulty sucking, and get tired more easily.

Tips for breastfeeding:



Feed the infant in an upright position.



Use compression or massage to help the milk flow.



Burp the infant frequently.



Feed the infant more frequently and for shorter durations.