

# FEEDING GUIDE

## For babies with a cleft lip/palate

If baby has cleft lip only and palate is intact, breastfeeding is recommended and most babies do well.

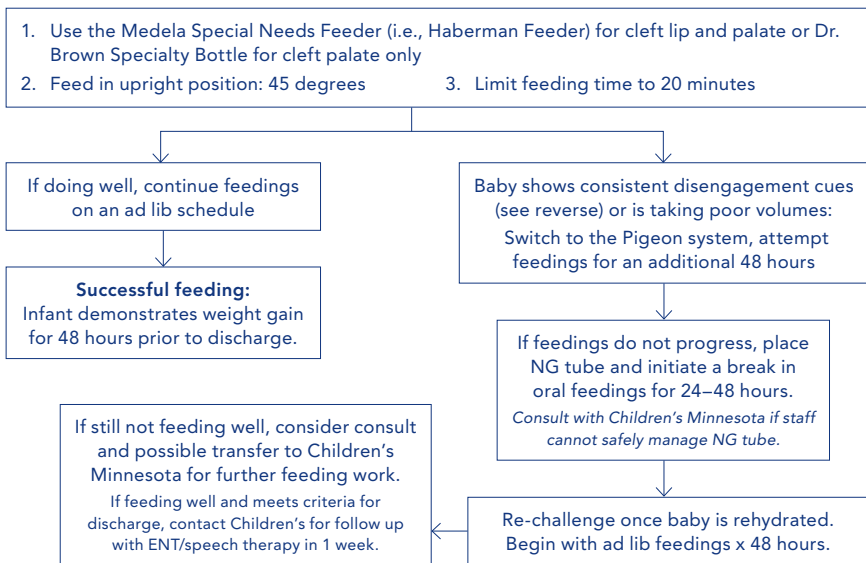
### Use the following oral feeding guide for babies who have a cleft palate/lip and:

- Are  $\geq 37$  weeks with cleft palate +/- cleft lip
- Have a stable cardio-respiratory (CR) status without other complicating conditions
- Demonstrate feeding readiness by these behaviors:
  - Drowsy, alert or fussy when handled or *prior* to care.
  - Baby is rooting, takes pacifier and/or demonstrates hand to mouth behavior.
  - Awakens at or before scheduled feeding time.



### STARTING ORAL FEEDINGS

- If feeding well but weight gain is slow, then consider fortifying either with 22 cal/oz or 24 cal/oz
- **Avoid placement of NG tube for first 48 hours**



If baby is feeding well, encourage family to do all feedings for 24 hours prior to discharge.

## Disengagement cues

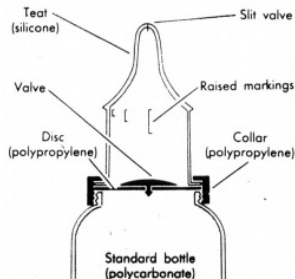
Signs that baby needs to either stop oral feedings or break in feeding attempt:

1. An episode of bradycardia or desaturation
2. Increased work of breathing
3. Stridor
4. Loss of postural tone
5. Avoidance behaviors
6. Color change
7. Gagging
8. Hiccupping, sneezing and/or coughing

## How to use the Medela Special Need Feeder

- Place the valve into the nipple with the rim of the disk pointing toward the nipple.
- Hold the bottle upright and squeeze the nipple to remove all of the air.
- Tip the bottle upside down as you continue to squeeze the nipple.
- Let go of the nipple to allow formula to fill the nipple.
- The nipple will continue to refill with formula as the baby feeds.
- If you are not hearing any swallows, gently squeeze the nipple while the baby is sucking. Release when the suck burst has ended.

**Fig 1. The Haberman Feeder**



## Dr. Brown Specialty Feeding System

- Similar to Pigeon
- One way valve turns bottle into compression based system
- Able to increase/decrease flow with different nipples
- Bottle and nipple are easy to find in stores
- Inexpensive
- Tends to work best with cleft palate only or post-lip repair

## Additional resources

- American Cleft Palate-Craniofacial Association (ACPA)
- 1-800-24-CLEFT
- cleftline.org

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**CHILDREN'S PHYSICIAN ACCESS**

24/7 assistance: referrals, consultations, admissions

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