



# CLEFTPALS VICTORIA

## THE CLEFT PALATE & LIP SOCIETY

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### INTRODUCTION TO CLEFTPALS PARENT INFORMATION PACKAGE

CleftPALS is a society of parents of children with clefts who understand other parents' problems and needs. We are a supportive group, here to listen and help parents before after the birth of a baby with a cleft lip and/or palate, and any time throughout the child's journey to adulthood when you might want some guidance and advice.

This package contains some information sheets that CleftPALS provide to parents upon request when a cleft lip and/or palate is detected. These sheets are aimed at providing you with advice and knowledge.

The following points may be helpful to you after the birth of a baby with a cleft:

- ❖ Talk to and select professional people e.g. surgeon, orthodontist, paediatrician. A list of specialist who may be involved with your child is included in this package. We suggest you discuss this with your own doctor.
- ❖ Get in touch with a Cleft Clinic for advice. Cleft Clinics are available at the Royal Children's Hospital (Parkville), Monash Medical Centre (Clayton), and Barwon Health (Geelong).
- ❖ Contact and spend some time with parents who have children with clefts. CleftPALS can help put you in contact with parents in your area.
- ❖ Endeavour to keep an open mind as cleft types vary and our babies are all individuals with differing needs.

CleftPALS can help with a number of these points. We have a small library from which books and articles of interest can be borrowed.

Methods of feeding should be explained and discussed in relevance to the type of cleft your baby has as soon as possible after detection. Breastfeeding can be difficult, depending on the cleft type, and advice and support should be sought. CleftPALS has a stock of appropriate feeding equipment that have been designed specifically for babies with a cleft. More information on feeding methods and equipment is included in this package.

When you are ready, CleftPALS can put you in contact with a parent that has been in a similar position. We can arrange for someone to visit you while you are still in hospital after the birth of your baby. You may like to attend a CleftPALS morning tea where you can meet a group of parents with cleft children.

We hope this Parent Information Package helps you with your child and if there are some aspects you would like more information on or with to discuss, please give us a call.

This package has been put together by parents for parents. We strongly advise seeking further advice from relevant professionals. All information is intended as a guide only. It is not intended as a substitute for professional advice and no liability is accepted.

CleftPALS wishes you well on the path of discovery with your baby!