



CLEFTPALS VICTORIA

THE CLEFT PALATE & LIP SOCIETY

Victorian Regional Group
Ph. (03) 9887-1773
PO Box 2352
Oakleigh 3166
Email: cleftpalsvic1@optusnet.com.au

FEEDING YOUR BABY WITH A CLEFT

We try to provide as much information as possible, and we attempt to ensure that it is up-to-date. This allows parents to make an informed choice on how to feed their baby. CleftPals supports a mother's decision on how to feed her baby, however she chooses to do so.

We include in your information package:

- information on breastfeeding
- information on expressing breastmilk
- information on feeding equipment available for babies born with clefts

Further information is available from:

- CleftP.A.L.S. Victoria Library Ph. 9354-2551
 1. we have a breastfeeding package which contains:
 - ~ personal stories
 - ~ video accounts of mother's feeding babies born with cleft conditions.
 2. we have a booklet produced by Fisher and Paykel (available free to parents)
"Give us a little time - How babies with a cleft lip or cleft palate can be breastfed"
 3. we have personal stories and information on expressing breastmilk.
- Breastfeeding Assessment Service Ph. 9344-3651
 - * this is a free service at the Royal Women's Hospital, available to all women.
 - If you wish to breastfeed we suggest you contact them for professional support and advice.
- Nursing Mother's Association of Australia Ph. (03) 9885-0855
 - * you can find out about your local group
 - * they have booklets on breastfeeding and expressing breastmilk
- Your contact parent or a CleftP.A.L.S. committee member

Deciding how to feed your baby can be a difficult task. You need to take into account many factors including the needs of your baby, yourself, and your family. We suggest you seek help and support from as many people / services as possible.

This information is intended as a guide only. It is not intended as a substitute for professional advice and no liability is accepted.