



# CLEFTPALS VICTORIA

## THE CLEFT PALATE & LIP SOCIETY

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### INTRODUCTION TO CLEFTPALS ULTRASOUND DETECTION INFORMATION KIT

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 and 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.

In this Parent Information Package are some information sheets which CleftPALS provide to parents upon detection of a cleft lip and/or palate. The Ultrasound Detection Information Package has been put together by parents with information from both parents and professionals.

The following points may be helpful in preparing for 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.
- ❖ Visit the hospital you have chosen for the birth of your baby, familiarise yourself with the Special Care Nursery and discuss your situation with the hospital staff.
- ❖ 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. Breastfeeding can be very 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. As part of your preparation we suggest you purchase a bottle and teat before the birth, and take them with you into the hospital so there is no delay in establishing feeding. More information on feeding methods and equipment is included in this package.

When the special day arrives it is suggested that on arriving at the Labor Ward, you tell the nursing staff of your baby's diagnosed cleft condition. This will assist the staff to be prepared and to give you and your baby the help and support needed.

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

We hope this Ultrasound Kit helps with the preparation of your baby's arrival and if there are some aspects you would like more information on or with to discuss, please give us a call.

This package is 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 in the remaining weeks of your pregnancy and with the birth of your baby!