

# Breastfeeding and milk feeding babies with cleft lip and/or palate

## Congratulations on the arrival of your baby!

Our specialized breastfeeding and lactation team provides compassionate support and guidance to parents and babies facing the complexities of cleft lip and/or palate. We offer personalized techniques and strategies that empower you to breastfeed and milk feed with confidence.

We understand that every baby is unique and what works for one may not work for another. It's essential to find an approach that suits both the family and baby. Our goal is to ensure optimal care and nutrition for your little one while fostering a successful breastfeeding and milk feeding journey for the family.

### What you can do

- It's important to use the breast pump 8-10 times a day during the first three weeks after birth. A consistent pumping schedule helps your body establish and increase your milk supply.
- Use kangaroo care (skin-to-skin contact) and place your baby at the breast and allow baby to latch onto the breast. These actions help to improve your milk supply and trigger your body to produce the antibodies that help boost your baby's immune system. It's incredible to think that you have the unique ability to provide this support for your little one!



### What you need

- A breast pump. Please check with your insurance company about breast pump coverage. If a pump is covered, we can help you obtain one. If not, we can help you find one.
- Breast milk storage containers and labels to identify, date and time the breast milk is pumped.
- Specialized cleft feeding nipples or bottles that help control the flow of milk and make feeding easier for your baby.
- Support and patience. Be patient and compassionate with yourself and your baby. Feeding a baby with cleft might require time and experimentation to find the best approach. Seek assistance from the breastfeeding and lactation team and consider a support group meeting to help you navigate any challenges.

Scan the QR Code  
for more information:

