Breastfeeding & Complementary food for cleft patient
• Feed the baby/child in small quantity, wait until swallowed.
• Feed frequently.
• Never keep the child too hungry.
• Burping in between and after each feeding.
• Correct dilution ratio.
• Adjust nipple of the bottle.
• Encourage spoon feeding.
Feeding/Health teaching

• 0 to 6 months of age: only breast feeding.
• Colostrums = saves babies from diarrhoea, pneumonia also helps reducing asthma, ear infection, allergies etc.
• Help various feeding positions.
  1. Upright position
  2. Football position.
  3. Straddle position.
  5. Cup and spoon feeding.
• Always breast fed first and feed complementary food.
FEEDING POSITIONS

**upright**

- Hold the baby in semi sitting position and feed.
- Use pillow for support.
Feeding Positions:

Football

- Hold the baby on one side of your flank and feed
- Use pillow for support
**Straddle**

- Put the baby on your lap facing you and baby’s leg spread your abdomen.
- Use pillow for support
Expressed breast milk

Express breast milk in a cup and feed with spoon or special bottle. Expressed milk can be stored for 7-8 hrs and 24 hrs in the refrigerator.

Use of cup spoon

FEEDING POSITIONS
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*Use of cup spoon*
Feeding Positions:

- Initiation of complementary foods at 6 months.
- Advice on foods (locally available and affordable)
Primary focus should be still breast milk feeding.

Correct dilution of formula.

Using boiled water.

Use clean cup and spoon for feeding.

Correct dilution ratio of formula milk and water.

Help mothers try breast fed even if they have various reason not to feed the baby.

Help/show breast massage technique, foods which can produce more milk e.g. Papaya, ground nut etc.
Food Choices

5 components of complementary feeding:

**Quantity:** age appropriate amount of food

**Quality:** energy dense and nutrient dense

**Frequency:** able to feed adequate quantity

**Diversity:** nutrient dense

**Consistency:** calorie dense and easy to swallow
INSTANT INFANT FOOD (First food)

• Initiating complementary food on time, at the age of 6 months.
• Start with porridge e.g. rice powder, wheat flour, suji etc. (roast and ground, mix with boiled water or milk, add sugar and oil.
• Take 2 tablespoon of infant mix and add water/milk, oil, sugar.
• In the beginning prepare porridge little thinner and gradually thicker consistency as the child grow older.
• ½ chappati can be break into small pieces and soaked in ½ cup of milk, boiled water, mashed it into semi solid food, add sugar and oil.
• Chappati also can be mix in a ½ cup of dal (without spice)
• Add fat like ghee/coconut oil and sugar or jaggery in each feeding.
• Add cooked and mashed carrot, pumpkin and green leafy vegetables.
• Fruits like papaya, banana, chikoo, mango can be mashed and feed.