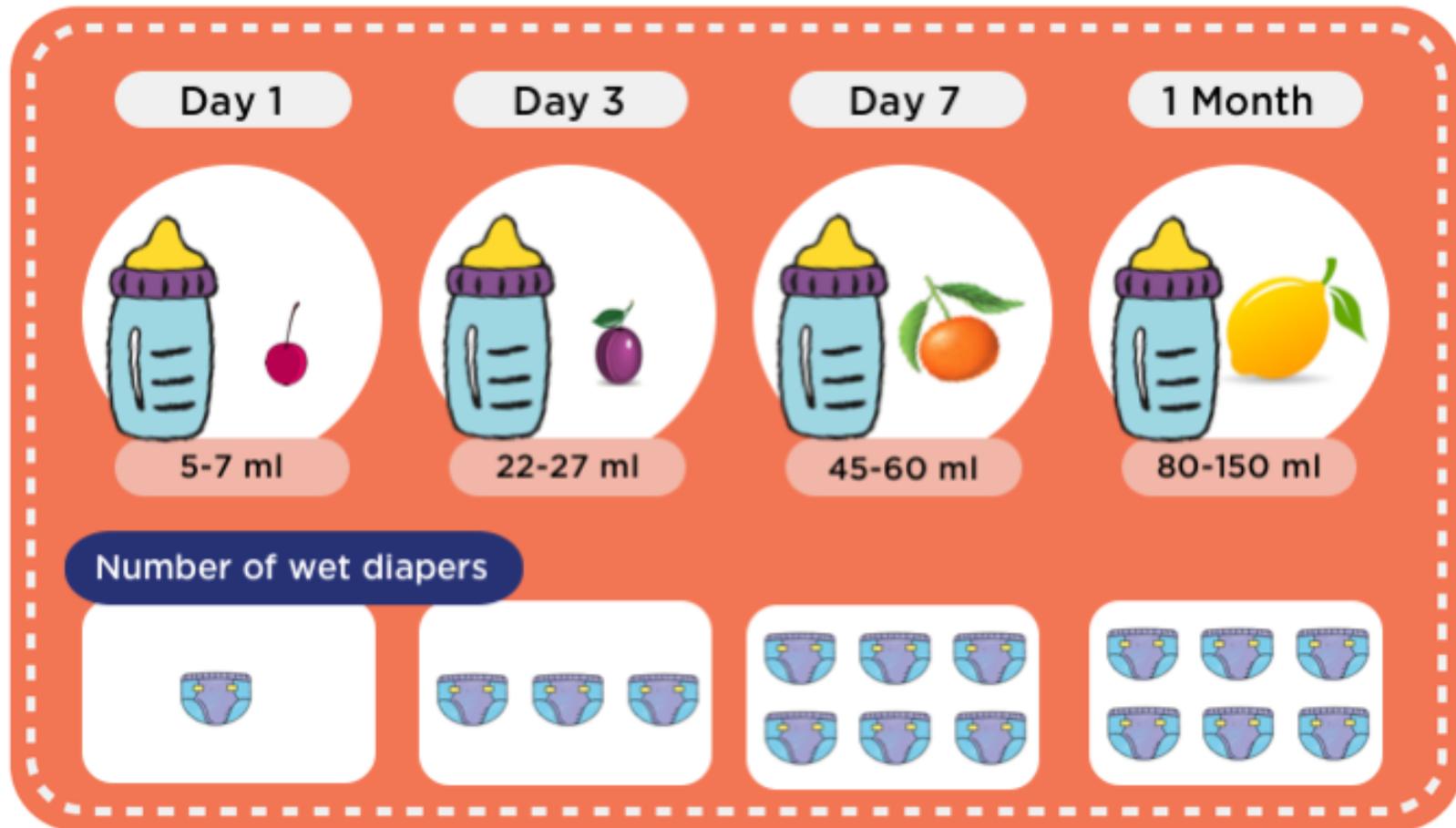


# SIZE OF A NEWBORN'S STOMACH





# INFANT FEEDING CUES

## Early Cues: "I'm hungry"



Stirring



Mouth Opening



Turning head  
Seeking/rooting

## Mid Cues: "I'm really hungry"



Stretching



Increasing movement



Hand to mouth

## Late Cues: "Calm me, then feed me"



Crying



Lots of Movement



Color turning red

## Post-Feeding Cues: "I'm Done"



Infant opens fists



Arms lie low  
across body



Falls asleep  
with body relaxed

## Smile Train Cleft Lip and Palate Feeding Recommendations

- 1** Some children are born with a cleft – a hole, gap, or slit in their lip or a hole in the roof of their mouth (which may not be visible from the outside).



- 2** Surgery is very important because without it a child may not speak properly, may have an increased risk of infections, and may have problems taking food and milk.



- 3** A Smile Train surgeon can repair this defect for free at a Smile Train partner hospital. Surgery is the only way to fully repair this defect.



- 4** To be healthy and strong enough to receive surgery it is important that babies with cleft are fed adequately.



- 5** BUT – sometimes it is difficult for babies with cleft to feed since milk can come out of the nose or may even go into their lungs. Or the babies may suck in air, and they may seem full and fall asleep even though they haven't received enough nourishment.



- 6** It is important for a child to be well nourished so that they can receive surgery. Mothers must be committed to trying different feeding strategies to see what works for her and her baby. It is best to feed the child directly from the breast, if possible. Some strategies are:



Have the child feed sitting upright.



Position the nipple to the side of the mouth that is not cut.



Gently squeeze the breast to increase the flow of milk.



Feed and burp children more often than normal.

- 7** If feeding from the breast is not possible, it is essential that the mother continues to feed the baby using other means. Some strategies are:

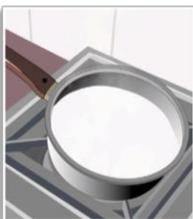


The mother can express milk from the breast to feed to the baby with a spoon or bottle.



The mother can SLIGHTLY enlarge the hole of the teat of a feeding bottle to increase the flow of milk.

- 8** If breast milk is not at all available, the mother can use cow's milk or formula. Make sure cow's milk and water for formula are boiled and cooled.



- 9** Make sure any devices used for feeding are clean and sterilized by boiling in water for at least 10 minutes. Unclean spoons and bottles can lead to fever and infection.



- 10** Please do not forget to take your baby to the nearest Smile Train center. A doctor at the center will examine the child and tell you when to come to the hospital for surgery.

Remember, all cleft treatment at any Smile Train center is completely and totally free.



# BREAST MILK EXPRESSION & STORAGE

Wash hands and feeding items



Express breast milk with clean hands



Press



Release



Compress

Store expressed breast milk properly

Kitchen counter

4 hours

Refrigerator

4 days

Freezer

6 months



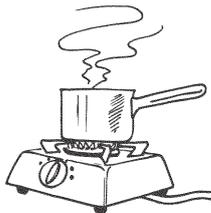
# HOW TO PREPARE COMMERCIAL FORMULA



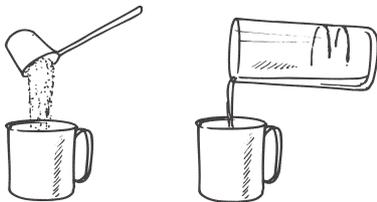
- Wash your hands before preparing the formula.
- Make \_\_\_\_ ml for each feed. Feed the baby \_\_\_\_ times every 24 hours.



- Always use the marked cup or glass to measure water and the scoop to measure the formula powder. Your baby needs \_\_\_\_\_ scoops.
- Measure the exact amount of powder that you will need for one feed.



- Boil enough water vigorously for 1 or 2 seconds.



- Add the hot water to the powdered formula. The water should be added while it is still hot and not after it has cooled down. Stir well.
- Only make enough formula for one feed at a time. Do not keep milk in a thermos flask because it will become contaminated quickly.



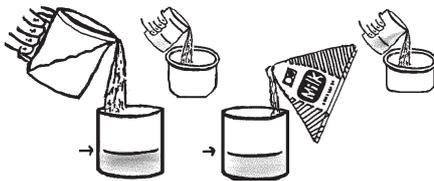
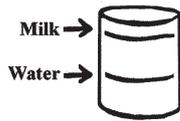
- Feed the baby using a cup. Discard any unused formula, give it to an older child or drink it yourself.



- Wash the utensils.
- Come back to see me on \_\_\_\_\_.



# HOW TO PREPARE FRESH MILK



- Wash your hands before preparing the formula.

- Always use the marked cup or glass to measure water and milk.

- Fill the cup or glass to the "water" mark with the water. Put the water into the pot. Fill the cup or glass to the "milk" mark with the milk. Add the milk to the water in the pot.



- Measure the sugar by filling the spoon until it is level/rounded/heaped (circle one). Add \_\_\_\_\_ spoonfuls to the liquid. Stir well.



- Bring the liquid to a boil and then let it cool. Keep it covered while it cools.



- Feed the baby using a cup. Discard any unused formula, give it to an older child or drink it yourself.



- Wash the utensils.



- Give your baby a micronutrient supplement every day. You can get it from \_\_\_\_\_ or can buy it. It will cost \_\_\_\_\_.

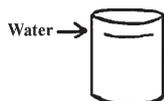
- Come back to see me on \_\_\_\_\_.



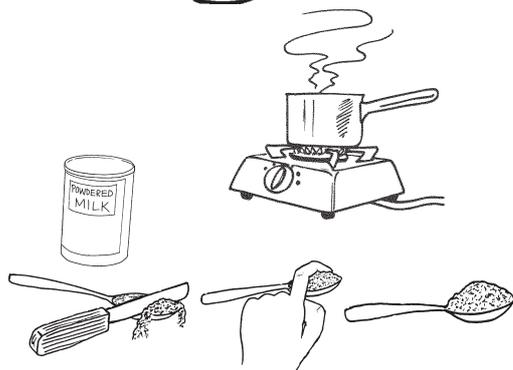
# HOW TO PREPARE POWDERED FULL-CREAM MILK



- Wash your hands before preparing the formula.

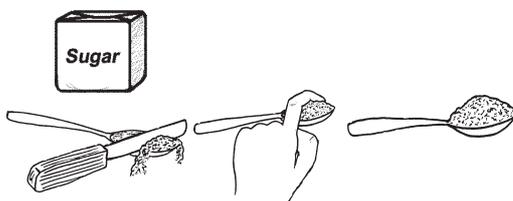


- Always use the marked cup or glass to measure water and a spoon to measure the powdered milk.

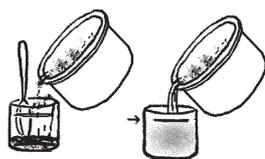


- Boil enough water vigorously for 1-2 seconds and then let it cool. Keep it covered while it cools.

- Measure the powdered milk by filling the spoon until it is level/rounded/heaped (circle one). Put \_\_\_\_\_ spoonfuls in the marked cup or glass.



- Measure the sugar by filling the spoon until it is level/rounded/heaped (circle one). Put \_\_\_\_\_ spoonfuls in the marked cup or glass.



- Add a small amount of the boiled water and stir. Fill the cup or glass to the mark with the water.



- Feed the baby using a cup. Discard any unused formula, give it to an older child or drink it yourself.

- Wash the utensils.

- Give your baby a micronutrient supplement every day. You can get it from \_\_\_\_\_ or can buy it. It will cost \_\_\_\_\_.



- Come back to see me on \_\_\_\_\_.





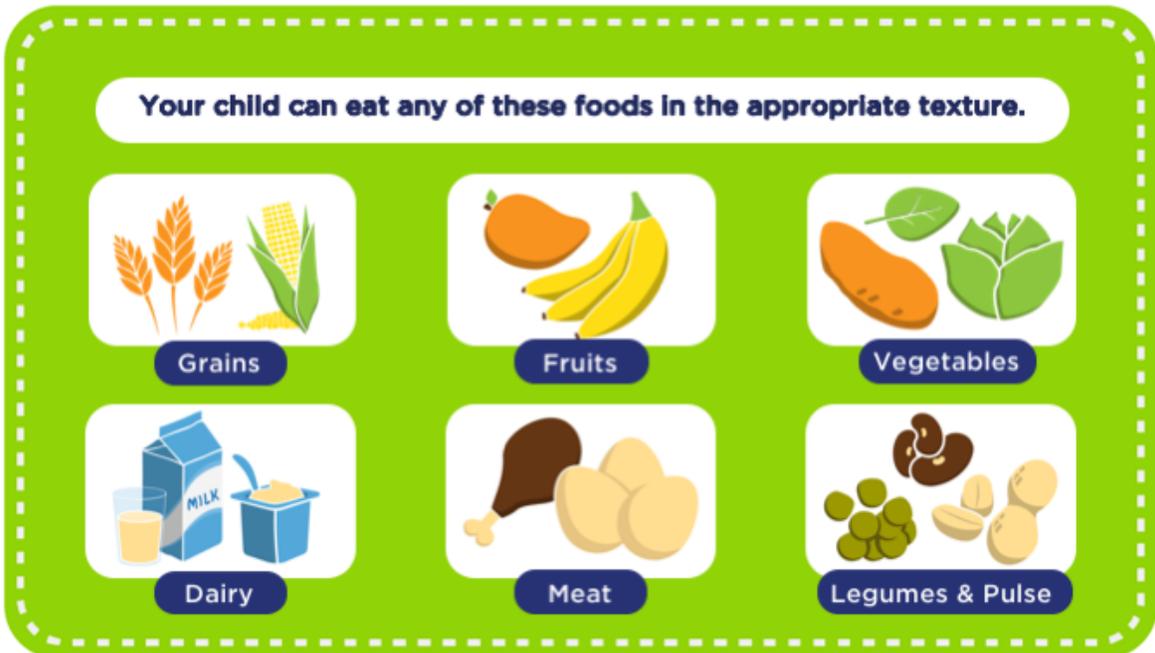
# FOOD TEXTURES AND READINESS



This section illustrates the relationship between a child's developmental stage and the appropriate food texture. It features three columns, each representing a stage: Sitter, Crawler, and Walker. Each stage is accompanied by an illustration of the child, a bowl of food, and a spoon with a sample of the texture.

Stage	Food Texture
Sitter	Purée
Crawler	Mashed
Walker	Diced

Your child can eat any of these foods in the appropriate texture.



This section displays six food categories, each with representative icons and a label in a blue box. The categories are: Grains (wheat stalks, corn), Fruits (orange, bananas), Vegetables (broccoli, carrot), Dairy (milk carton, glass, yogurt), Meat (chicken drumstick, meatballs), and Legumes & Pulse (beans, lentils, chickpeas).

Category	Examples
Grains	Wheat, Corn
Fruits	Orange, Bananas
Vegetables	Broccoli, Carrot
Dairy	Milk, Yogurt
Meat	Chicken, Meatballs
Legumes & Pulse	Beans, Lentils, Chickpeas



## INTERESTED IN EATING



## NOT INTERESTED IN EATING





# POST-SURGERY DIET

## Week 1



Offer liquids from  
an open cup

## Week 2



Offer smooth  
purees on spoon  
held sideways

## Week 3



Resume regular  
diet and feeding  
techniques