



Cleft Lip and/or Palate

The most common birth anomalies of the face and mouth are cleft lip and cleft palate. In cleft lip, the baby's upper lip doesn't form completely and has an opening in it. In cleft palate, the baby's palate (roof of the mouth) does not form completely and has an opening in it. A child can be born with a cleft lip, a cleft palate or both. Treatment may include not only surgery to repair the cleft but also help with infant feeding, language and hearing, and special dentistry.

Although most causes of cleft lip and cleft palate are not well understood, some issues during early pregnancy can be related to cleft lip and cleft palate, including: taking certain medications, using tobacco or alcohol, certain infections, or having diabetes.

Resources for families

Northwest support resources

- Smile Oregon
tinyurl.com/y9fsjjq
- Oregon Family to Family Health Information Center
tinyurl.com/y8ed6er5
- Washington Parent to Parent (P2P) Programs
tinyurl.com/yaucv2mk

National/international/online resources

- American Cleft Palate-Craniofacial Association (ACPA)
tinyurl.com/ycuymnxv
- Cleft Lip and Palate Association Community (CLAPA) [Facebook]
tinyurl.com/ybscn7j3
- Children's Craniofacial Association
tinyurl.com/y96gdo8b
- Cleftline
tinyurl.com/ye2nowd

Information for you and your care team

- Family education materials: Children's Minnesota
tinyurl.com/y9ul3nd4
- American Speech-Language-Hearing Association (ASHA)
tinyurl.com/dxz7c5v
- Education materials from the ACPA
tinyurl.com/y7ef8e58

Family stories

- Cora's Story - Cleftline
tinyurl.com/y69j22or

Clinical trial information

- Children and Clinical Studies
tinyurl.com/y75s4twm
- Find an approved clinical trial
tinyurl.com/zp3jesq

Insurance information and help

- Getting insurance for children (OR)
tinyurl.com/ydfaaey
- Getting insurance for children (WA)
tinyurl.com/yca9lkey
- Understand your health insurance
tinyurl.com/y46h8nvx
- Learn about coverage
tinyurl.com/y4639rz6
- Road map to health
tinyurl.com/yysc6kv7
- General/Oregon Health Plan Questions: 855-323-6744

Other resources

- Breastfeeding an Infant with Cleft Lip - Children's Minnesota
tinyurl.com/y779bgj2
- Camp resources - ACPA
tinyurl.com/ydh3nfze
- School-Age Support Resources - ACPA
tinyurl.com/y8srno6j
- Letter to a teacher [PDF] - Cleftline
tinyurl.com/ycyjeqdz
- Camp Korey
tinyurl.com/ybqemxkq

Books for parents and children

- Bibliography available by calling the Oregon Family to Family Health Information Center at 855-323-6744
- Swindells' online library search
tinyurl.com/y9t2jwcx