

Cleft Care: Using the Sepal cleft bottle

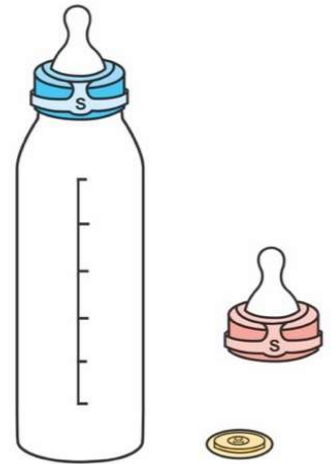
Every family's feeding journey is different. There is no single 'right' way to feed a baby with a cleft.

The Sepal cleft valved bottle is designed to make feeding easier and safer, while supporting your baby's growth.

This handout will guide you through how to set up and use the Sepal cleft valved bottle and share helpful tips to support feeding at home.

Key features and usage

- **One-way valve** - Milk only flows when your baby chomps down on the teat, giving them control over the volume and speed of the feed.
- **Extensive teat range** - The Sepal system offers the largest selection of teat sizes and flow rates for babies with a cleft. The one-way valve works with all current Sepal teats, so we can adjust the flow to suit your baby's needs.
- **Venting** - Built-in venting helps reduce air intake and prevents the teat from collapsing during feeds.
- **Compression-based design** - The bottle has softer sides so that it can also be gently squeezed to assist milk flow.
- **Easy to access** - Bottles, valves, and teats can be purchased online at sepal.com.au/collections/cleft-feeding.



How to set up the Sepal cleft valved bottle system

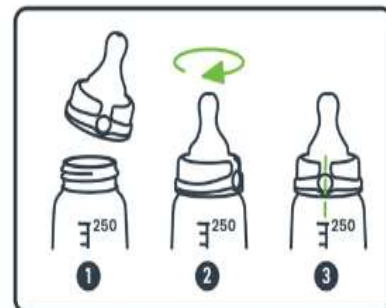
Preparation - Carefully assemble the bottle before each feed. Place the valve inside the teat with the words "this side up" facing the tip of the teat. Check the bottle before feeding to make sure everything is in place.

Insert the plastic valve into the nipple/teat.	Make sure the valve is fully secured, flush with the nipple/teat base.	Insert the nipple/teat into the nipple/teat collar.	Make sure the nipple/teat is fully sealed.	Place the nipple/teat collar tightly on the bottle.

Troubleshooting common problems

Teat flattens during feeds:

- adjust the bottle angle
- make sure the vent is pointing up towards your baby's nose
- check that the valve is in the correct position.



Too much air during feeds:

- keep the teat full of milk
- pause more often to burp.

Milk coming from their nose:

- try feeding your baby in a more upright position to help reduce milk entering their nose.



Cleaning and sterilising bottles

- Take the bottle completely apart after each use.
- Check the valve regularly for signs of wear or damage.
- Wash all parts with hot, soapy water.
- Rinse well and let everything air dry on a clean surface.
- Sterilise all parts once a day using a steam steriliser.

More information is available in our resource [Cleft Care: Cleaning feeding equipment](#).

Helpful feeding tips

- Burp your baby often during and after feeds.
- Keep track of feeding and weight gain. Steady growth is a good sign that feeding is going well.
- More information is available in our resource [Cleft Care: Feeding your baby](#).
- Your Child Health Nurse can help support you and answer questions along the way.

Cleft Care team contacts

If you have any questions or concerns, please contact the cleft team for support.

Clinical nurse specialist

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Speech Pathology

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Cleft administration

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