

# 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/y9fsjjjq](https://tinyurl.com/y9fsjjjq)
- Oregon Family to Family Health Information Center  
[tinyurl.com/y8ed6er5](https://tinyurl.com/y8ed6er5)
- Washington Parent to Parent (P2P) Programs  
[tinyurl.com/yaucv2mk](https://tinyurl.com/yaucv2mk)

### National/international/online resources

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

### Information for you and your care team

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

### Family stories

- Cora's Story - Cleftline  
[tinyurl.com/y69j22or](https://tinyurl.com/y69j22or)

### Clinical trial information

- Children and Clinical Studies  
[tinyurl.com/y75s4twm](https://tinyurl.com/y75s4twm)
- Find an approved clinical trial  
[tinyurl.com/zp3jesq](https://tinyurl.com/zp3jesq)

### Insurance information and help

- Getting insurance for children (OR)  
[tinyurl.com/ydfaeeoy](https://tinyurl.com/ydfaeeoy)
- Getting insurance for children (WA)  
[tinyurl.com/yca9lkey](https://tinyurl.com/yca9lkey)
- Understand your health insurance  
[tinyurl.com/y46h8nvx](https://tinyurl.com/y46h8nvx)
- Learn about coverage  
[tinyurl.com/y4639rz6](https://tinyurl.com/y4639rz6)
- Road map to health  
[tinyurl.com/yysc6kv7](https://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](https://tinyurl.com/y779bgj2)
- Camp resources - ACPA  
[tinyurl.com/ydh3nfze](https://tinyurl.com/ydh3nfze)
- School-Age Support Resources - ACPA  
[tinyurl.com/y8srno6j](https://tinyurl.com/y8srno6j)
- Letter to a teacher [PDF] - Cleftline  
[tinyurl.com/ycyjeqdz](https://tinyurl.com/ycyjeqdz)
- Camp Korey  
[tinyurl.com/ybqemxkq](https://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](https://tinyurl.com/y9t2jwcx)