CLEFT LIP AND CLEFT PALATE

Date: 06/10

OBJECTIVES: After working through this lesson, participants will be able to:
1. Use pictures to explain what cleft lip and cleft palate is.
2. Describe some problems caused by cleft lip and cleft palate.
3. Teach their neighbors that cleft lip and cleft palate can be treated with surgery.

OVERVIEW FOR TRAINERS: This is another lesson in the series on disabilities.

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<tr>
<th>METHOD</th>
<th>TIME</th>
<th>KNOWLEDGE</th>
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<tbody>
<tr>
<td>Picture: Give out the handout, <em>Cleft Lip and Cleft Palate.</em></td>
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----SHO questions----
S = What do you *See*?
H = What is *Happening*?
O = Does that happen in *Our* place?

I. Cleft lip and cleft palate
   Discuss in large group.
   A. What is a cleft?
      1. A cleft is an opening.
      2. A cleft is a gap or fissure.
   B. What is a cleft lip?
      1. A cleft lip is an opening in the upper lip.
      2. The cleft may be on one or both sides.
      3. The opening may extend all the way to the nostril.
   C. What is a cleft palate?
      1. The palate is the roof of the mouth.
      2. A cleft palate is an opening in the roof of the mouth.
      3. Sometimes children have both a cleft lip and a cleft palate.
   D. When do cleft lips and cleft palates occur?
      1. Cleft lips and cleft palates are visible at birth.
      2. They occur when the child is being formed within the mother’s womb.
   E. Suppose that you are a mother whose child has just been born with a cleft lip or cleft palate. How would you feel?
      1. Surprised
      2. Shocked
      3. Sad
      4. You might feel guilty, thinking that it is your fault.

E. How would you feel?
   1. Surprised
   2. Shocked
   3. Sad
   4. You might feel guilty, thinking that it is your fault.

This lesson is part of an extensive series for use in Community Health Evangelism (CHE) ministries. CHE facilitators skilled in participatory learning methods enable communities to escape cycles of poverty and live as followers of Jesus.
CLEFT LIP AND CLEFT PALATE

METHOD TIME KNOWLEDGE

II. Living with a cleft lip or cleft palate
   A. What causes cleft lip and cleft palate?
   B. How common is cleft lip and cleft palate?
   C. Do you know a child with a cleft lip or cleft palate?
   D. Look again at the photos or drawings of the children with cleft lip and cleft palate. What other problems could this cause? Discuss in small groups.

III. Treating cleft lip and cleft palate
    Discuss in large group.
    A. Look at the drawings of Feeding a child with cleft lip or cleft palate. What can be done?
    B. Are there any other treatments for cleft lip and cleft palate?

III. Treating cleft lip and cleft palate
    A. What is being done?
    B. Other treatments

A. Cause
   1. Usually we do not know.
   2. Sometimes cleft lip or cleft palate may be genetic (run in families.)

B. How common is it?
   1. About one of every 700 children has a cleft lip and/or a cleft palate.

C. Do you know a child with a cleft lip or cleft palate?
   1. Yes. (Tell the story.)
   2. No.
   3. I'm not sure.

D. Other problems
   1. A cleft lip changes the appearance of the child.
   2. Babies with cleft lip or cleft palate may have difficulty sucking.
   3. They may choke or gag when sucking.
   4. This causes feeding problems.
   5. Babies with cleft palate may have frequent ear infections.
   6. This can cause a hearing loss.
   7. Babies with cleft lip or cleft palate may have difficulty with speech.
   8. Other children may reject or tease a child with a cleft lip or cleft palate.
   9. Parents may have a hard time accepting or adjusting to a child with a cleft lip or cleft palate.

B. Other treatments
   1. Sometimes a mold is made of the palate (the roof of the mouth). This makes feeding easier.
   2. But the best treatment is
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<td>C. When is surgery to repair a cleft lip or cleft palate usually done?</td>
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<td>C. When is surgery usually done?</td>
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<td>1. Surgery to repair a cleft lip is usually done at 2 to 3 months of age.</td>
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<td>2. Surgery to repair a cleft palate is often done at 6 to 12 months of age.</td>
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<td>3. Sometimes two or more surgeries are needed.</td>
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<td>D. How well does the surgery work? Hand out the pictures, Before and after surgery. What do you notice?</td>
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<td>D. Before and after surgery</td>
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<td>1. Before surgery, both children had a cleft lip.</td>
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<td>2. The surgery repaired the cleft lip.</td>
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<td>3. The scar becomes less obvious over time.</td>
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<td>4. Later on, the scar is not very noticeable.</td>
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<td>E. What other treatment may these children need after their surgery?</td>
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<td>E. Other treatment</td>
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<td>1. They may still have speech problems.</td>
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<td>2. They may still have ear problems and difficulty hearing.</td>
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<td>3. So they may need speech therapy.</td>
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<td>4. They may need hearing tests.</td>
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IV. Conclusion
Discuss in large group.
A. How can you work with a family that has a child with a cleft lip or cleft palate?

References:
### ATTITUDE:
Children with a cleft lip or cleft palate can be treated with surgery.

### SKILL:
Participants will be able to use pictures to describe a cleft lip and cleft palate, and can use pictures to show how effective surgery is.

### EVALUATION:
Are the participants able to teach their neighbors about cleft lip and cleft palate?

### MATERIALS:
- Newsprint, markers, masking tape
- *Cleft lip and cleft palate* handout, with *Feeding a baby with cleft lip or cleft palate*
- *Before and after surgery* handout

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This lesson is used in: Disabilities, and in Health Promotion/Children’s Health
CLEFT LIP AND CLEFT PALATE

Child with a Cleft Lip and Cleft Palate


Cleft Lip and Cleft Palate

FEEDING A BABY WITH CLEFT LIP OR CLEFT PALATE

Source: Hesperian Foundation. 2009. Disabled Village Children
BEFORE AND AFTER SURGERY

Pictures of two children

Before surgery
One month after surgery
At 18 months of age

Before surgery
One month after surgery
At 5 years of age


What do you see here?
What happens over time?