

Specialty Feeding System: Dr. Brown's Zero-Resistance Specialty Feeding System

Feeding with a cleft lip and/or palate

Babies born with a cleft lip and/or palate usually have a harder time feeding.

Cleft Lip

- May be able to feed normally (breastfeed or standard bottle system) or with a little help, depending on the size of the cleft. Sometimes, a baby with a cleft lip may need a special feeding system for feeding to be safe and efficient.

Cleft Palate

- Babies with a cleft palate often have a weak suck or may have a hard time creating enough suction to breastfeed or get milk or formula from a regular bottle. A baby with a cleft palate usually needs a special feeding system for feedings to be safe and efficient.
- Babies with a cleft of the palate can go to the breast for comfort and to support mother's milk supply but breastfeeding alone often doesn't give a baby with a cleft palate enough nutrition.
- Babies with a cleft palate may have liquid or food go into and come out of their nose during and after feeding. This is because the area of the palate is open between their nose and mouth.

What is the Dr. Brown's Zero-Resistance Specialty Feeding System?

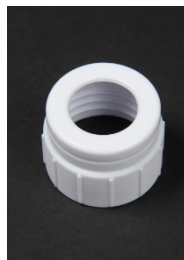
This feeding system includes a bottle and nipple with a special blue valve called the Infant-Paced Feeding Valve. The valve clicks to the inside of the base of the nipple. It is a compression-based system, so every time your baby sucks, the liquid easily flows from the nipple.

What are the parts of the Dr. Brown's Zero-Resistance Specialty Feeding System?

1. Dr. Brown's nipple



2. Collar



3. Reservoir



4. Blue flow valve (Infant Paced Feeding Valve)



5. Insert (the vent)

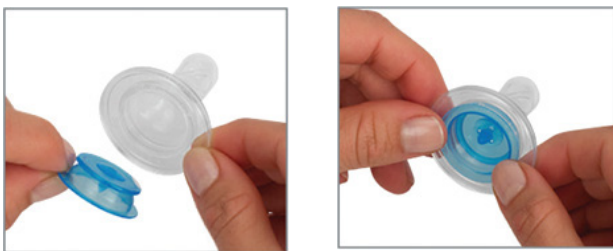


6. Dr. Brown's bottle



How to assemble the bottle:

1. Put the blue flow valve into the nipple. Make sure the valve is fully secure and lined up with the nipple base.



2. Push the nipple into the nipple collar making sure the nipple is fully seated.



3. Snap the reservoir onto the insert and put the reservoir into the bottle. Make sure the insert is making full contact with the top of the bottle.

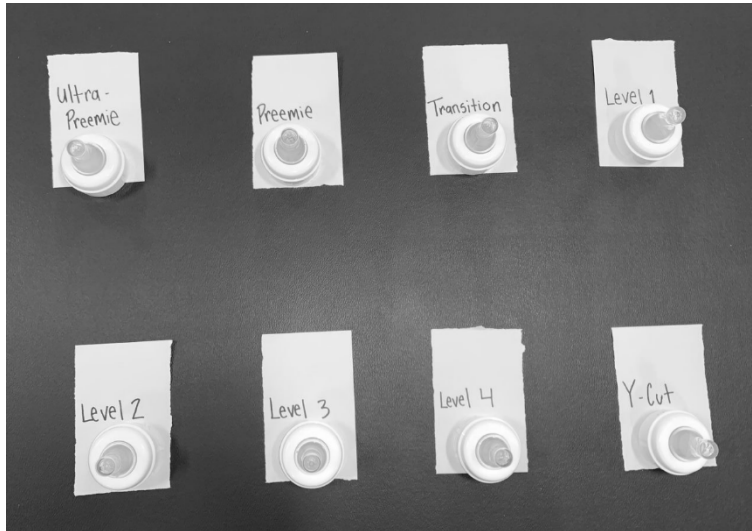


4. Put the nipple collar loosely on the bottle.



Dr. Brown's nipples

- There are different levels of nipples that vary in flow rate. The level of nipple is the size of the hole in the nipple, it is not a grading system. The levels range from Ultra-Preemie (smallest opening) to Y-cut (largest opening). The nipple level is written on the side of the nipple.
- Choosing a nipple depends on your baby's feeding skills and ability to feed safely. Don't change the level of the nipple without talking to your baby's feeding specialist or medical team.



How to use the Dr. Brown's Zero-Resistance Specialty Feeding System correctly with feedings

1. Offer the bottle with a Transition nipple first.
2. Always check the end of the nipple before each feeding to make sure the hole is open, working, and there is no tear in the nipple.
3. Milk/formula will begin to flow into the nipple as your baby starts to compress the nipple and suck. If the flow rate is too slow or too fast, talk to your child's doctor or feeding specialist.

Signs the flow is too slow

- Taking longer than 30 minutes to feed
- Working hard at transferring milk but not getting much out of the nipple
- Gets tired during the feeding

Signs the flow is too fast

- Baby is pulling away from the nipple
- Frequent loud swallows
- Baby looks surprised or has a panicked look when feeding
- Coughing
- Choking
- Gagging
- Milk is pouring out of the corners of their mouth

4. Try to keep feeding times less than 30 minutes, including time for burping. If feedings last longer than 30 minutes, your baby may be working too hard and burning too many calories.
5. You may need to burp your baby every $\frac{1}{2}$ - 1 ounce. They could be taking in extra air with feeding because of their cleft.

Positioning your baby when feeding

Most babies with a cleft lip and/or a cleft palate will feed better if they are in an upright cradled position (see photo) to help keep the liquid from going back up into their nose.



How to clean the bottle

- This bottle system is not a disposable system. You can reuse the entire bottle system, nipple and valve. Clean with hot, soapy water after each use.
- Make sure to wash all parts before using.
- It takes a small amount of extra time to clean the 2 additional vent assembly parts. This is time well spent to avoid spit ups and other discomforts to your baby.
- Please refer to the instructions provided with the Dr Brown's bottle system for further details about cleaning between uses.

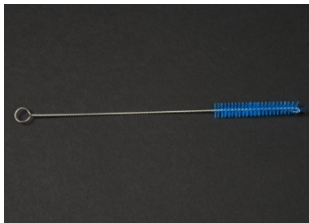
Once the bottle system, including all parts, has been cleaned it can also be sanitized.

To sanitize the bottle system, you can use the:

- Dr. Brown's Microwave Steam Sterilizer Bags (follow the instructions printed on the bag).
- Dr. Brown's Electric Sterilizer.
- Dr. Brown's Microwave Steam Sterilizer. This is different from the microwave Steam Sterilizer Bags listed above.

When cleaning the system:

1. Always use clean hands and surfaces.
2. Fully disconnect all the parts.
3. Silicone nipple: for the first use only, boil the nipple in water for 5 minutes.
4. After use, wash all parts in hot water and detergent.
5. Rinse all parts thoroughly, making sure the nipple hole is clean and clear.
6. Make sure to use the small brush that comes with the bottle system to clean the vent and the reservoir.



7. This system, including all parts, can also be cleaned in the **top rack** of a dishwasher.

How do I order the bottle?

- You can order the Dr. Brown's Zero-Resistance Specialty Feeding System on the Dr. Brown's website at <https://www.drbrownsbaby.com/>.
- You can also order it from Amazon.
- When you order this specialty bottle system, make sure you are ordering the Dr. Brown's Zero-Resistance Specialty Feeding System with the blue valve (Infant Paced Feeding Valve) and vent insert.

Helpful hints when using this system

- The Dr. Brown's Zero-Resistance Specialty Feeding System works best when used with all parts provided with the bottle at purchase.
- If the bottle is leaking, check that the bottle system has been put together correctly.
- Check the nipple regularly to be sure that it isn't ripped or torn.
- Families will need 2-3 extra bottles before going home from the hospital.



For questions or concerns:

- Contact Dr. Brown's at the website listed above.
- Contact the feeding specialist and/or the medical team who recommended this feeding system.
- Contact the Feeding and Swallowing Program at Children's Hospital Colorado for additional support at 720-777-6168.