

Coping Strategy for Mother of Child with OFC

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Reprint Request

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Cleft lip contains an opening in the upper lip that may extend into the nose. The opening may be on one side, both sides, or in the middle. A cleft palate is when the roof of the mouth contains an opening into the nose. These disorders can result in feeding problems, speech problems, hearing problems, and frequent ear infections.

Main Problems of Child

- Babies with a cleft palate will have difficulty feeding
- More chance to get ear infections
- It can affect their hearing.
- Difficulty with speech,
- Teeth will not develop normally in the area of the cleft,

- Reduce the self-esteem
- Psychological problems
- Nutritional problems

enable the baby to get a good seal on the breast.

- ❖ Children will need ongoing speech therapy
- The child will need orthodontic and other dental treatment.

Coping Strategy

For the Physical Problems of Child

- As soon as possible the Surgical treatment should be initiated for baby
- Use the special teats and bottle
- Use a small plastic plate to cover the cleft in the mouth while feeding.
- ❖ Mother can express breastmilk and give it by a bottle.
- ❖ Feed the baby in slow manner
- If there are problems feeding a baby with a cleft palate, consult the specialist
- Babies with a cleft lip but not a cleft palate not have feeding problems
- They can breastfeed, but the mother may need to block the cleft with her thumb or breast tissue to

How to Overcome Psychological Problems of Mother

- The disease condition is cured after the surgery
- After the surgery the disease will not occur in future
- Giving Your Child the Power of Positive Attitude
- Compare the photos of child after each surgical treatment
- Focus on strengths rather than weaknesses of the child
- Positive Expectations Bring out the Best in Your Child
- Passing on Beliefs That Actually Work and Make Sense
- Trust and Include Your Child-“ You Will Manage”
- Open up Your Kid’s View on the World with

Positive Language

- Make Your Day Easier by Tuning in to and Understanding Your Child
- Always strive towards positive honesty
- Respecting Your Kid, Will Make Your Kid Respect You
- Shower Your Kid with Your Full Presence
- Unconditionally Support Your Kid to Build High Self Esteem
- Try not to evaluate your kid's actions in terms of accomplishments or failures
- Try not to use punishment, threats or bribes as ways to correct your kid's communication
- Ask someone for their opinion or advice on how to handle the situation
- Get more information to help make decisions
- Accept help with daily tasks and responsibilities, such as chores or child care
- Get emotional support from someone who understands you and cares about you
- Acceptance is a process that takes time. You may need to remind yourself to be patient
- Many of the coping strategies listed below are useful ways of managing your emotions
- Spend time at your place of worship or get together with others who share your beliefs
- Talk with a respected member or leader of your spiritual community
- Record the voice of child each month and check the effectiveness of therapy
- Don't neglect / over product the child
- Consider him as a normal child
- Understand each other & don't blame each other

Coping with Stress

- Manage your emotions
- Seek out support
- Focus on the positives
- Make a plan of action
- Take care of your relationships
- Self-care
- Spirituality
- Accept the situation first
- Balance the emotions
- Manage your thoughts
- Choose the distractions
- Going for a drive or walk
- Leisure activities, exercise, hobbies
- Housework, yard work or gardening
- Watching TV or movies
- Spending time with friends or family
- Use the problem solving techniques

Social Support

- Avoid negative relationships
- Be patient
- Maintain the relationships
- Be a joiner
- Get more from the support you have
- Let go of unhealthy ties
- Involve in daily activities
- Share the problems with another person
- Maintain the good interpersonal relation ship