

How Does Your Baby Grow?

from Kellymom, <http://bit.ly/9iJlRW>

- A 5-7% weight loss during the first 3-4 days after birth is *normal*. A 10% weight loss is normal, but breastfeeding technique also needs to be evaluated.
- Your baby should regain birth weight by 10-14 days old. If your baby lost a lot of weight, is sick, or is preterm, it may take longer.
- If your baby does not regain birth weight by two weeks, breastfeeding technique needs to be evaluated.

<u>Baby's Age</u>	<u>Average Weight Gain</u>
0-4 months	5-7 ounces per week
4-6 months	4-5 ounces per week
6-12 months	2-4 ounces per week

- It is acceptable for some babies to gain 4-5 ounces per week.
- The average breastfed baby doubles birth weight by 3-4 months.
- By one year, the typical breastfed baby will weigh about 2.5-3 times birth weight.

<u>Baby's Age</u>	<u>Avg. Height Increase</u>	<u>Avg. Head Size Increase</u>
0-6 months	1 inch per month	1/2 inch per month
6-12 months	1/2 inch per month	1/4 inch per month

See also <http://bit.ly/lCmpEo> - Weight and height growth calculator

About growth charts, from Kellymom, <http://bit.ly/9BnXXn>:

Healthy breastfed infants tend to grow more rapidly than formula-fed infants in the first 2-3 months of life and less rapidly from 3 to 12 months. All [or most] growth charts available at this time include data from infants who were *not* exclusively breastfed for the first 6 months (includes formula-fed infants and those starting solids before the recommended 6 months). Because many doctors are not aware of this, they see the baby dropping in percentiles on the growth chart and often come to the faulty conclusion that the baby is not growing adequately.

World Health Organization charts, based on breastfeeding babies worldwide; print and use:

Height for age: <http://bit.ly/arQKdn>

Weight for age: <http://bit.ly/bDwSiq>

Body mass index for age: <http://bit.ly/cLInB>

Head circumference for age: <http://bit.ly/cEEA7L>

Motor development percentiles: <http://bit.ly/bcRiel>

Conversions:

1 kilogram = 1000 grams = 2.2 lb = 35.3 oz

1 lb = 16 oz

1 cm = 0.01 meter = 0.39 inches

1 foot = 12 inches

Automatic converters:

Length <http://bit.ly/3q4Q3U>

Weight <http://bit.ly/11wUET>

Temperature <http://bit.ly/zhgCx>

Warning signs of dehydration:

- Dehydration is an acute risk of not getting enough milk, or of losing fluids from fever or vomiting. It can occur in less than 24 hours.
- If a baby has *more* than six wet diapers per 24 hours, they are *not* likely to be dehydrated.
- A dehydrated baby seems ill and has unusual behavior (crying and/or exhausted), has darker yellow urine, and has fewer wet diapers.
- If a baby has a fever over 100.3F/ 38C, they are at a higher risk - please call your doctor or midwife for evaluation.