

NORMAL GROWTH PATTERNS IN THE BREASTFED BABY'S FIRST YEAR

NEWBORNS

- A weight loss of 5-7% is normal.
- A weight loss of 10% is acceptable to some professionals, but is a sign that the baby needs close monitoring and mother needs help with breastfeeding.
- Baby should regain birth weight by 2 weeks of age.

WEIGHT GAIN

Months 1-4: 4 – 8 ounces per week (figured from lowest weight after birth)

Months 4-6: 3 – 5 ounces per week *birth weight is doubled by 5 – 6 months*

Months 6–12 : 1 ½ – 3 ounces per week

GROWTH IN LENGTH

Months 1-4: 1 inch per month

Months 5-12: ½ inch per month

GROWTH IN HEAD CIRCUMFRANCE

Months 1-6: ½ inch per month

Months: 6-12: ¼ inch per month

AT 12 MONTHS OF AGE, MOST BABIES:

- Weigh about 2 ½ times birth weight (e.g. 8 lbs. at birth, 20 lbs. at 12months)
- Measure about 1 ½ times birth length (e.g. 20 in. at birth, 30 in. at 12 months)
- Measure about 1 1/3 times birth head circumference (e.g., 14 in. at birth, 18 ¾ at 12 months)

BABY'S NAME _____

MOTHER'S NAME _____

BIRTH DATE _____ WEIGHT ____ lbs. ____ oz. LENGTH _____ in.

DISCHARGE WEIGHT ____ lbs. ____ oz.

DATE	WEEKS OF AGE	WEIGHT	Δ	LENGTH	Δ	HEAD CIRCUMFERENCE	Δ
	1						
	2						
	3						
	4						
	5						
	6						
	7						
	8						
	9						
	10						
	11						
	12						
	MONTHS OF AGE						
	4						
	5						
	6						
	7						
	8						
	9						
	10						
	11						
	12						

Δ =change

A pediatrician should regularly evaluate the baby's health, growth, and development.

Formula fed babies tend to be heavier (but not healthier) than breastfed babies.