

## **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.