



Hôpital général juif
Jewish General Hospital

Herzl Family Practice Center, Goldfarb Breastfeeding Clinic

Weight Gain Patient Handout

Mother's name: _____ Baby's name: _____

Baby's date of birth: _____ Birthweight: _____ g

Today's Date : _____ Today's weight: _____ g

Your baby needs to gain more weight. Here are some helpful tips:

- Read our patient handout on “Decreased milk production”
- Your baby needs your milk, not water or tisane, especially before the age of 6 months
- Your baby needs to feed often. On average, babies will breastfeed 8 to 14 times every 24 hours
 - Feed your baby when you notice signs of hunger: kissing or sucking movements of the lips, head bobbing or turning and/or bringing hands to the mouth
 - Try to feed baby before it cries – crying is a late sign of hunger
 - Babies feed often – it's not unusual for baby to feed around the clock, day and night. This week, don't let baby sleep longer than _____ hours without feeding. Note that the time between successive feeds is calculated from the beginning of the first feed to the beginning of the next feed
 - Baby seemed satisfied after feeding, but now seems irritable and hungry, 15 minutes later? Avoid giving baby a pacifier, offer your breast instead; maybe baby needs “dessert!”
- Studies show that infant massage might influence baby's growth and help him develop better. Why not take advantage of this simple pleasure.
- **If we have recommended you to supplement your baby's feeds, here is what you should offer:**
 - In order of preference:
 1. Breastmilk
 2. Donour breastmilk from a milk bank. (Please speak to staff at our clinic)
 3. Formula. Only ready-to-serve or concentrated liquid formula should be given to babies less than 6 months old since powder formula is not sterile. (If you must use powder formula, please read the World Health Organization's guidelines on how to safely prepare formula, or see your guide “From tiny tot to toddler” 2011, page 307)

- How should it be offered ? In order of preference:
 1. Tube feeding at the breast
 2. Cup feeding or syringe, dropper, tube feeding using your finger
 3. Bottle feeding
- When should it be offered ?
 - At each breastfeeding session
 - Every ___ breastfeeding session(s)
 - _____ breastfeeding sessions/24 hours
 - According to baby's needs (on demand)
- How much? _____ml per feed

▪ **A well-hydrated (well-fed) baby:**

- wets 1 diaper per day the first 6 days of life, then wets at least 6 diapers/24 hours. Urine is clear, without any foul odour
- has soft yellow stool (exclusively breastfed baby) at 5 days old
- is alert: awakens on its own to feed and seems satisfied after feeding
- gains 20-30 g per day the first 3 months of life and then 15-20 g per day at 3 to 6 months of age

Your baby needs a weight check on _____

To keep your CLSC nurse or baby's doctor up-to-date, bring this sheet with you when you meet with them.

Date _____ Baby's weight _____ g

If your baby has gained less than _____ grams per day (compared to a previous weight using the same scale):

- Supplement baby's diet with: _____
- Call the Breastfeeding Clinic at (514) 340-8222, local 3269 (if the clinic is closed, there may be a delay of a few days before we return your call)

▪ Your next appointment at the Breastfeeding Clinic is _____.

This is a **very important** visit: we will make sure that baby's weight gain is adequate and that all is well with breastfeeding

- **See your baby's doctor as soon as possible if baby...**
 - has fever
 - is more than 7 days old but wets less than 6 diapers per day (or the urine is foul-smelling or dark yellow)
 - stools less frequently or the stool colour has changed
 - has changed its behaviour – seems irritable, cries more, sleeps excessively or is difficult to awaken, refuses to feed or falls asleep too easily at the breast, or continues to feed but always seems unsatisfied after feeding

Call your baby's doctor, the breastfeeding clinic ((514) 340-8222, local 3269) or visit the emergency department (Montreal Children's Hospital or Ste. Justine)

- **Questions? Please contact:**
 - the Breastfeeding Clinic at (514) 340-8222, local 3269
 - a CLSC nurse
 - your baby's doctor
 - a lactation consultant (IBCLC). The Association of Lactation Consultants of Quebec (AQC), website: www.ibclc.qc.ca
 - a breastfeeding mentor (Nourri-Source or La Leche League or other breastfeeding resource for new mothers)
 - Info-Santé, dial 8-1-1 to speak with a nurse

Signature and title of clinic staff

The information contained in this patient handout is a suggestion only, and is not a substitute for consultation with a health professional or lactation specialist. *This handout is the property of the author(s) and the Goldfarb Breastfeeding Clinic. No part of this handout can be changed or modified without permission from the author and the Goldfarb Breastfeeding Clinic. This handout may be copied and distributed without further permission on the condition that it is not used in any context in which the International Code for the Marketing of Breastmilk Substitutes is violated. For more information, please contact the Goldfarb Breastfeeding Clinic, Herzl Family Practice Centre, Jewish General Hospital, Montreal, Quebec, Canada.* © 2012