



REASSURANCE WEIGHT CHECKS

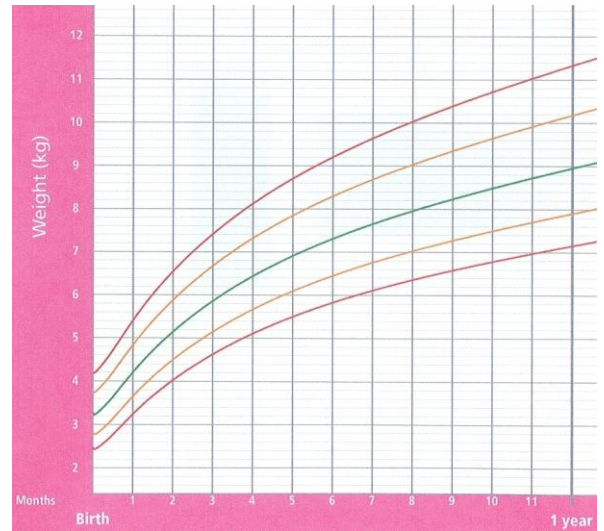
A healthy baby should gain weight daily after their expected initial weight loss. There are indicators which can help reassure you that your baby is getting adequate calories. Some of these include producing plenty of wet and dirty diapers, hearing swallowing sounds while nursing 8-12 times/day, baby acting content between feedings, baby self-awakening for the next feeding and baby outgrowing his/her clothes. However, the only completely accurate way to know that adequate calories are taken in is to **WEIGH THE BABY!** After you have received any needed information and assistance from your lactation visits, it takes time and practice to accomplish the art of breastfeeding.

A convenient way to obtain "reassurance weights" is to go for a "weigh-in" at **MilkWorks**. They have a scale in their lounge area that can be used at no cost, and no appointment is necessary. Call them for current store hours at **(402)423-6402**. They are located in the **Trade Center at 56th and HiWay 2 (5930 So.58th St.)** If you have access to another scale, that would be fine also.

If a "reassurance weight" is recommended by your pediatrician or the lactation consultant at LPG, there are a few things you need to know.

1. Weigh your baby **naked and hungry** for a baseline weight.
2. If desired, you can weigh your baby before and after a feeding to see how much milk is consumed. Remember to keep baby in the same diaper and clothes for weighing after nursing. And realize that this one feeding may not be an accurate reflection of other feedings throughout the day.
3. **Read the scale correctly.** Examples: 7:05.6 is 7 lbs, 5 oz and 6/10 of an ounce.
8:14.2 is 8 lbs, 14 oz and 2/10 of an ounce.
4. **CALL THIS OFFICE IF YOUR BABY GAINS LESS THAN 1 OUNCE PER DAY -- 489-3834.**

- If we don't hear from you, we will assume your baby is gaining the expected amount of weight.
- If baby is not gaining as expected, we will recommend a follow-up lactation visit to figure out how to get your baby's weight gain back on track.
- At well baby check-ups, your pediatrician will plot your baby's growth on a graph similar to this 2006 World Health Organization growth chart. Babies should gain about **1 ounce per day until 2 months of age**. After this, you can see by the slope of the curve that babies gain at a slower rate.
- Plan on check-ups at 1,2,4,6,9,12 months (etc) of age.



If desired, you can record your baby's weight here:

Date	Weight	oz/day gained	Notes
		Gained _____oz in _____ days	
		Gained _____oz in _____ days	
		Gained _____oz in _____ days	
		Gained _____oz in _____ days	
		Gained _____oz in _____ days	
		Gained _____oz in _____ days	