

Newborn weight gain chart

Reference ranges for tracking weight from birth through the first year, plus the thresholds that call for a feeding review. Use it as a guide only, and check every figure against your own practice protocols and the WHO or CDC chart you plot on.

1. EXPECTED WEIGHT CHANGE BY AGE

AGE	EXPECTED CHANGE	WHAT TO CHECK AT THIS POINT
Day 1 to 2	-3% to -5%	Physiologic loss from fluid shifts and meconium. Record birth weight in kg and lb.
Day 3 to 5	-5% to -10%	Loss peaks. Assess latch, audible swallowing and milk transfer. Past 10%, act the same day.
Day 5 to 14	+15 to 30 g / day	Loss flattens, then reverses. Weigh daily until regain is confirmed.
Day 10 to 14	Back to birth weight	Formula-fed babies often reach it by day 10. No regain by day 14 needs review.
Week 2 to 16	+5 to 7 oz / week	Equal to 140 to 200 g weekly. Move to weekly or biweekly weights.
Month 4 to 5	2 × birth weight	Growth velocity matters more than the percentile band.
Month 12	3 × birth weight	Formula-fed babies may track above the WHO 90th percentile. Usually normal.

Plot each weight against the 5th, 10th, 50th, 90th and 95th percentile curves on your growth chart. The 10th to 90th band is the usual expected range.

2. ESCALATE WHEN ANY OF THESE APPEAR

- ! **Weight loss past 10% of birth weight.** Screen for failure to thrive and evaluate feeding.
- ! **Birth weight not regained by day 14.** Arrange lactation assessment or a feeding investigation.
- ! **Weight falls again after regain, in week 2 or 3.** Look for infection, maternal illness or a change in feeding method.
- ! **Static weight across two or more weeks, or under 0.5 oz a day after month one.**
- ! **Weight drops below the 5th percentile, or crosses down two percentile bands.**
- ! **Sunken fontanelle, poor skin turgor or minimal output with poor gain.** Refer urgently.

3. FEEDING ADEQUACY AT A GLANCE

MARKER	WHAT GOOD LOOKS LIKE
Wet diapers	At least 5 to 6 a day by day 5.
Stools	3 to 4 a day, or one large stool for breastfed babies from week 2.
Feeds	Correct latch, audible swallowing, 15 to 30 minutes per breast, settled after.
Behavior	Alert in the day, roots for feeds, cries vigorously.
Jaundice	Peaks day 3 to 5 and resolves by 2 weeks.

Weight record

One row per measurement. Weigh the baby undressed, on the same scale, and note the feeding method beside each entry.

BABY NAME

DATE OF BIRTH

GESTATION AT BIRTH (WEEKS)

BIRTH WEIGHT (KG)

BIRTH WEIGHT (LB / OZ)

FEEDING METHOD

MEASUREMENTS

DATE	AGE (DAYS / WEEKS)	WEIGHT (KG)	WEIGHT (LB / OZ)	CHANGE VS BIRTH WEIGHT (%)	PERCENTILE	RECORDED BY

Percentage change equals birth weight minus current weight, divided by birth weight, multiplied by 100. A 3.5 kg baby weighing 3.22 kg has lost 8%.

REVIEWED BY

ROLE

DATE REVIEWED