

# Guidelines for Approximate Weight Gain for Breastfed Babies in the First Year

Newborns will **lose a small percentage of their birth weight** (7% or less) in the first 1-3 days of life.

**From day 4 on**, a newborn should start to re-gain weight – approximately to 1 oz. per day.

**By day 14**, a newborn should be back to birth weight and be gaining about 4-8 oz. a week.

**From 1 to 4 months of age**, an infant should continue to gain about 4-8 oz. a week or 1-2 pounds a month.

**From 4-6 months of age**, an infant should gain about 4-5 oz. a week, or 1 – 1 1/2 pounds per month.

**From 6-12 months of age**, an infant should gain about 2-4 oz. a week, or to 1 pound per month.

**When will a baby double their birth weight?**

A full term baby of either gender should double their birth weight by 4 months of age.

**There may be brief time periods** when an older infant will not gain, or will even lose weight for a matter of days. Usually this is related to an illness, or increased activity, or distractions while eating. If this should happen, just follow your infant's weight to make sure that he or she starts gaining again.

**Infants will have varying heights and weights**, based upon their family background. However, when an infant's weight is plotted on a weight gain graph, each infant should somewhat follow the same weight gain curve. When an infant plateaus, or their weight levels off on the chart, it is cause for concern.

Adapted from Milkworks