

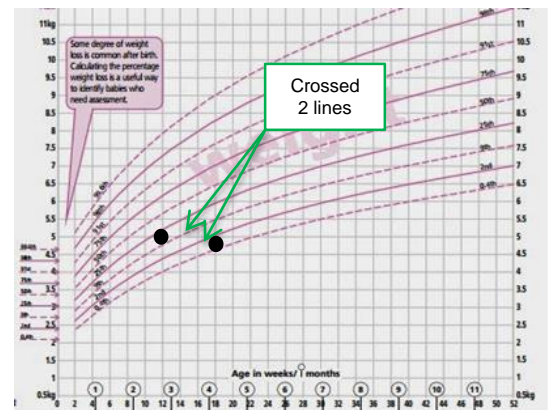
## How often should you weigh your baby?

It is normal for a baby to lose some weight in the first few days after birth. Your baby should be weighed in the first week as part of their assessment of feeding – this is often completed as part of your midwife contact.

Most babies get back to their birth weight by 2 weeks of age. This is a sign that feeding is going well and that your baby is healthy.

If your baby has crossed over 2 centile lines plotted in the Red Book, please contact your health visitor so that they can review your baby's weight.

Weighing your baby too often may cause unnecessary concern; the list below shows how often, as a maximum, babies should be weighed to monitor their growth. However, most children will not need to be weighed as often as this.



Age	No more than -
2 weeks to 6 months	Once a month
6-12 months	Once every 2 months
Over 12 months	Once every 3 months

Babies and children up to 2 years of age should be weighed without any clothes or nappy on, as this can make a big difference to their weight.

Toddlers (aged 2 years and older) can be weighed wearing their vest and pants, but should not wear any shoes.

*Please note: Nappies should be discarded in the appropriate bin which is located in the toilet, please do not dispose of them in the paper bin. Thank you.*

If you would like to speak to a health visitor, please contact:

Just One Number on 0300 300 0123  
8:00 am – 6:00 pm Monday to Friday  
9:00 am – 1:00 pm Saturday