

How my Baby Grows!

Most babies will double their birthweight
by 4 to 6 months.

And babies can triple their birthweight by 1 year!

That's a lot!

Growth of an average girl

Birth – 8 pounds
3 months – 13 pounds
6 months – 15 pounds
1 year – 20 pounds

Growth of an average boy

Birth – 8 pounds
3 months – 13 ½ pounds
6 months – 17 pounds
1 year – 21 ½ pounds

Your health care provider will measure
your baby's weight and length
at well baby checkups.

These regular checkups are important.

**You need a series of measurements to know that
your baby is growing in a normal pattern.**

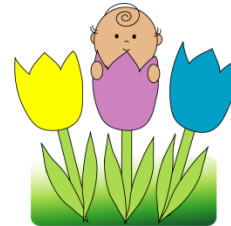
Keep your appointments!

**Most babies will grow 1 inch each
month during the first 6 months of life.**

Their growth slows down after 6 months;
babies usually gain about ½ inch each month
between the ages of 6 to 12 months.

**Most babies gain about 5 to 7 ounces
each week during the
first 6 months of life.**

Their growth slows down after 6 months;
babies usually gain about 3 to 5 ounces each week
between the ages of 6 to 12 months.



Your baby will have growth spurts
during his first year of life.

He may be growing faster and want to eat
more during growth spurts.

Listen to your baby's signs of hunger.

Let your baby decide how much
he wants to eat.

**Your baby's growth spurts will probably
happen when he is about 3 weeks,
6 weeks, 3 months and 6 months old.**

These may be times when he is growing fast
and wants to eat more!

If you were bottle feeding your baby,
you'd probably put more formula in his bottle
when he is having a growth spurt.

It's different when you breastfeed your baby.

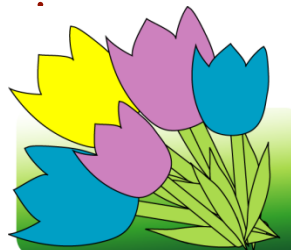
Your baby may breastfeed more often
when he is going through a growth spurt.

This is good!

This frequent breastfeeding tells your body
to make more breastmilk.

Relax and take time to breastfeed.

Find a comfortable place
to breastfeed your baby.
Have lots of healthy snacks
and water for you.
Enjoy these times
with your baby



Gain weight during Pregnancy

If you were a normal weight before you became pregnant;

Gain 25 to 35 pounds during your pregnancy.

If you were overweight before you became pregnant;

Gain 15 to 25 pounds during your pregnancy.

If you were underweight before you became pregnant;

Gain 28 to 40 pounds during your pregnancy.

If you are having twins, triplets or more;
talk to your health care provider.



Gaining the right amount of weight is important

- ♥ Childbirth can be easier.
- ♥ Your body will be ready for breastfeeding.
- ♥ Helps to protect the health of your baby.
 - ♥ Helps to protect your health.
 - ♥ It will be easier to lose weight after your baby is born.

Talk to your health care provider about your weight. They can help you decide the weight gain that is right for you and your baby.

Lose extra weight after Pregnancy

Continue eating a healthy diet

- Choose foods from the 5 food groups.
- Eat regular meals, don't skip meals.
- Choose lower fat, high fiber foods.
- Eat normal size portions.

Wait 6 weeks after your baby's birth to start weight loss.

Your body needs time to heal after giving birth. After 6 weeks, be physically active for at least 30 minutes each day.

Lose weight slowly, about 1 pound a week.

Losing the extra weight is important

- ♥ You will be healthier if you return to a normal weight.
- ♥ **You are more likely to be overweight later in life if you don't lose the extra weight.**
- ♥ Extra weight can lead to other health problems such as diabetes, heart disease and cancer.

Why does my baby suddenly want to breastfeed all the time?

Your baby may be going through a growth spurt, or there are other possible reasons:

- ♥ **Your baby may breastfeed more often when he is getting sick.** Breastfeeding often will give antibodies to your baby and help protect him.
- ♥ **Your baby may be reacting to something you ate.** Talk to your health care provider if your baby has signs of allergy or breastfeeds more when you eat certain foods.
- ♥ **Your baby may breastfeed more when there is a change in your life.** Have you been away from your baby more than usual? Has there been a recent move? Change in family or visitors?
- ♥ **Your baby may be teething.** Breastfeeding may feel good on his gums.



You may not be the same weight or shape after losing the extra weight.

Be a healthy weight