

# Healthy Baby Growth Chart: Week 10

Healthy Growth Indicators	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Place a tick (✓) for each feeding in a 24-hour period. (Minimum of 7-8 feedings a day)							
Place a tick (✓) for each wet nappy per day with clear urine. (Norm per day: 5 to 7.)							
Place a tick (✓) for each wet nappy with yellow concentrated urine. (Norm per day: 0.)							
Place a tick (✓) for each yellow stool.							

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

*Any two consecutive days of deviation from what is listed as normal should be reported immediately to your doctor.*



## Healthy Baby Growth Charts

for

\_\_\_\_\_

## Growing Families is pleased to make these Healthy Baby Growth Charts available for you to use with your baby for these first few weeks.

They are intended as guide, with the understanding that while all babies are a little different, there are general patterns which are helpful to follow in order to feel confident that they are healthy and growing.

They will also help you to become aware of what is normal for your own baby in regards to feeding, sleeping and growth. Knowing what is normal for your baby will be very helpful in recognising when he may become unwell, or you are in need of some medical advice.

Please use these convenient charts to record your baby's daily feeds and wet/dirty nappies. They are easy to use around the house and to carry in a nappy bag when going out or visiting the doctor or baby health clinic.

For more detailed information on appropriate feeding guidelines, as well as tips on sleeping, resettling and managing a baby's day go to [www.growingfamilies.life](http://www.growingfamilies.life)

A Contact Mum is available to support you and answer your questions – go to [www.christianfamilyheritage.org/ask-a-mom](http://www.christianfamilyheritage.org/ask-a-mom)

### Healthy Baby Growth Chart: Week 9

Healthy Growth Indicators	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Place a tick (✓) for each feeding in a 24-hour period. (Minimum of 7-8 feedings a day)							
Place a tick (✓) for each wet nappy per day with clear urine. (Norm per day: 5 to 7.)							
Place a tick (✓) for each wet nappy with yellow concentrated urine. (Norm per day: 0.)							
Place a tick (✓) for each yellow stool.							

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

*Any two consecutive days of deviation from what is listed as normal should be reported immediately to your doctor.*

# Healthy Baby Growth Chart: Week 8

Healthy Growth Indicators	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Place a tick (✓) for each feeding in a 24-hour period. (Minimum of 7-8 feedings a day)							
Place a tick (✓) for each wet nappy per day with clear urine. (Norm per day: 5 to 7.)							
Place a tick (✓) for each wet nappy with yellow concentrated urine. (Norm per day: 0.)							
Place a tick (✓) for each yellow stool.							

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

*Any two consecutive days of deviation from what is listed as normal should be reported immediately to your doctor.*

## ***The Next Step:***

### **The Babyhood Transitions - 5 to 12 Months**

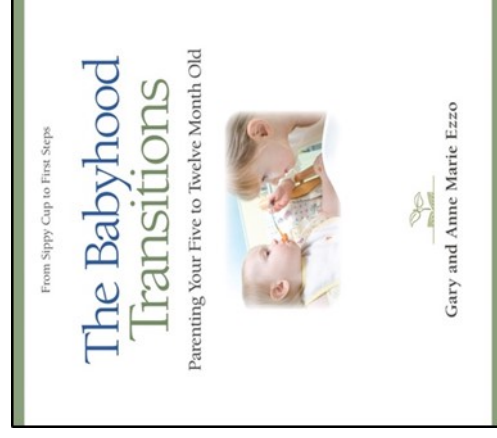
The learning fields of toddlerhood are cultivated during the Babyhood Transition phase of five months to a year. Now your baby's day is filled to overflowing with sensory stimulation and learning opportunities. How will you respond?

Over four sessions you will build on the work done from Preparation for Parenting and certainly not by abandoning that which has brought you so much success – your baby's routine.

In their customary fashion the Ezzos lay out practical steps for successfully managing the growth challenges ahead, with age appropriate modifications to the three activities of your baby's day: feeding, wake and sleep times.

#### **Topics include:**

- Introducing Solids
- Introducing Juices and Snacks
- Highchair and Self-Control Training
- Forms of Pretoddler Correction
- Waketime and Creative Learning Activities
- Naps and Nighttime Sleep
- Common Sleep Questions



## Signs of Adequate Nutrition: Week 1

### The following indicators represent healthy signs of growth during the first week of life.

- Your baby goes to the breast and nurses.
- Your baby is nursing a minimum of eight times in a 24-hour period.
- Your baby is nursing over 15 minutes at each nursing period.
- You can hear your baby swallowing milk.
- Your baby has passed his first stool called meconium. (Make sure you let the nurses know that you are tracking your baby's growth indicators.)
- Your baby's stooling pattern progresses from meconium (greenish black) to brownie batter transition stools, to yellow stools by the fourth or fifth day. This is one of the most positive signs that your baby is getting enough milk.
- Within 24 to 48 hours, your baby starts having wet nappies, (increasing to two or three a day.) By the end of the first week wet nappies are becoming more frequent.

### Unhealthy growth indicators for the first week:

- Your baby is not showing any desire to nurse or has a very weak suck.
- Your baby fails to nurse eight times in a 24-hour period.
- Your baby tires quickly at the breast and cannot sustain at least 15 minutes of nursing.
- Your baby continually falls asleep at the breast before taking a full feeding.
- You hear a clicking sound accompanied by dimpled ticks while baby is nursing.
- Your baby's stooling pattern is not progressing to yellow stools within a week's time.
- Your baby has not had any wet nappies within 48 hours of birth.

## Healthy Baby Growth Chart: Week 7

Healthy Growth Indicators	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Place a tick (✓) for each feeding in a 24-hour period. (Minimum of 7-8 feedings a day)							
Place a tick (✓) for each wet nappy per day with clear urine. (Norm per day: 5 to 7.)							
Place a tick (✓) for each wet nappy with yellow concentrated urine. (Norm per day: 0.)							
Place a tick (✓) for each yellow stool.							

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

# Healthy Baby Growth Chart: Week 6

Healthy Growth Indicators	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Place a tick (✓) for each feeding in a 24-hour period. (Minimum of 7-8 feedings a day)							
Place a tick (✓) for each wet nappy per day with clear urine. (Norm per day: 5 to 7.)							
Place a tick (✓) for each wet nappy with yellow concentrated urine. (Norm per day: 0.)							
Place a tick (✓) for each yellow stool.							

Weight: \_\_\_\_\_ Length: \_\_\_\_\_

*Any two consecutive days of deviation from what is listed as normal should be reported immediately to your doctor.*

# Healthy Baby Growth Chart: Week 1

Birth Weight: \_\_\_\_\_ Birth Length: \_\_\_\_\_

Healthy Growth Indicators	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Place a tick (✓) for each feeding in a 24-hour period. (Minimum of 8 feedings a day)							
Place a tick (✓) for each nursing period of 15 or more minutes in length.							
Place an <b>M</b> for the first stool (Meconium) and a <b>T</b> for each brownie battered transition stool.							
Place a <b>Y</b> to record each yellow stool. (Milk stools should appear by the 4 <sup>th</sup> or 5 <sup>th</sup> day.)							
Place a tick (✓) for each wet nappy. (Wet nappies should start to appear by 48 hours or sooner.)							

Weight at 7-10 days: \_\_\_\_\_ Length at 7-10 days: \_\_\_\_\_

*Any two consecutive days of deviation from what is listed as normal should be reported immediately to your doctor.*

## Signs of Adequate Nutrition: Weeks 2 to 4

### The following indicators represent healthy signs of growth during the next three weeks.

- Your baby is nursing a minimum of eight times a day.
- Your baby over the next three weeks has two to five or more yellow stools daily. (This number will probably decrease after the first month.)
- Your baby should start to have six to eight wet nappies a day, some saturated.
- Your baby's urine is clear, not yellow.
- Your baby has a strong suck, you see milk, and you can hear an audible swallow.
- You're noticing increased signs of alertness during your baby's waketime.
- Your baby is gaining weight and growing in length.

### Unhealthy growth indicators:

- Your baby is not getting eight feedings a day.
- Your baby has small, scant, and infrequent stools.
- Your baby does not have the appropriate number of wet nappies given his age.
- Your baby's urine is concentrated and bright yellow.
- Your baby has a weak or tiring suck and you cannot hear him swallow.
- Your baby is sluggish or slow to respond to stimulus, and does not sleep between feedings.
- Your baby is not gaining weight or growing in length. Your doctor will direct you in the best strategy to correct this problem.

## Healthy Baby Growth Chart: Week 5

Healthy Growth Indicators	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Place a tick (✓) for each feeding in a 24-hour period. (Minimum of 7-8 feedings a day)							
Place a tick (✓) for each wet nappy per day with clear urine. (Norm per day: 5 to 7.)							
Place a tick (✓) for each wet nappy with yellow concentrated urine. (Norm per day: 0.)							
Place a tick (✓) for each yellow stool.							

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

*Any two consecutive days of deviation from what is listed as normal should be reported immediately to your doctor.*

# Signs of Adequate Nutrition: Weeks 5 to 10

## The following indicators represent healthy signs of growth during the next six weeks.

- Your baby is nursing at least seven to eight times a day.
- Your baby's stooling pattern again changes. Your baby may have several small stools or one large one. He may have several a day or one every couple of days.
- Your baby should start to have six to eight wet nappies a day, some saturated.
- Your baby's urine is clear, not yellow.
- Your baby has a strong suck, you see milk, and you can hear an audible swallow.
- You're noticing increased signs of alertness during your baby's waketime.
- Your baby is gaining weight and growing in length.

## Unhealthy growth indicators:

- Your baby is not getting a minimum of seven feedings a day.
- Your baby does not have the appropriate number of wet nappies given his age.
- Your baby's urine is concentrated and bright yellow.
- Your baby has small, scant, and infrequent stools.
- Your baby has a weak or tiring suck and you cannot hear him swallow.
- Your baby is sluggish or slow to respond to stimulus, and does not sleep between feedings.
- Your baby is not gaining weight or growing in length. Your doctor will direct you in the best strategy to correct this problem.

# Healthy Baby Growth Chart: Week 2

Healthy Growth Indicators	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Place a tick (✓) for each feeding in a 24-hour period. (Minimum of 8 feedings a day)							
Place a tick (✓) for each wet nappy per day with clear urine. (Norm per day: 5 to 7.)							
Place a tick (✓) for each wet nappy with yellow concentrated urine. (Norm per day: 0.)							
Place a tick (✓) for each yellow stool. (For the first month, 2 to 5 or more, per day.)							

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

*Any two consecutive days of deviation from what is listed as normal should be reported immediately to your doctor.*

## Healthy Baby Growth Chart: Week 3

Healthy Growth Indicators	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Place a tick (✓) for each feeding in a 24-hour period. (Minimum of 8 feedings a day)							
Place a tick (✓) for each wet nappy per day with clear urine. (Norm per day: 5 to 7.)							
Place a tick (✓) for each wet nappy with yellow concentrated urine. (Norm per day: 0.)							
Place a tick (✓) for each yellow stool. (For the first month, 2 to 5 or more, per day.)							

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

*Any two consecutive days of deviation from what is listed as normal should be reported immediately to your doctor.*

## Healthy Baby Growth Chart: Week 4

Healthy Growth Indicators	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Place a tick (✓) for each feeding in a 24-hour period. (Minimum of 8 feedings a day)							
Place a tick (✓) for each wet nappy per day with clear urine. (Norm per day: 5 to 7.)							
Place a tick (✓) for each wet nappy with yellow concentrated urine. (Norm per day: 0.)							
Place a tick (✓) for each yellow stool. (For the first month, 2 to 5 or more, per day.)							

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

*Any two consecutive days of deviation from what is listed as normal should be reported immediately to your doctor.*