

Appendix Eight



Healthy Baby Growth Charts

Signs of Adequate Nutrition

Chart One—Week One

If you're breast-feeding, monitoring your baby's growth is of vital concern. How do you know if your baby is getting enough food to grow on? There are a number of objective indicators to healthy growth and proper nutrition. Indicators of healthy baby growth provide mom guidance and feedback as to how well she and her baby are doing. The following indicators represent healthy signs of growth during the first week of life:

1. Your baby goes to the breast and nurses.
2. Your baby is nursing a minimum of eight times in a 24-hour period.
3. Your baby is nursing over 15 minutes at each nursing period.
4. You can hear your baby swallowing milk.
5. 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.)
6. 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.
7. Within 24 to 48 hours, your baby starts having wet diapers, (increasing to three to five a day). By the end of the first week wet diapers are becoming more frequent.

Unhealthy growth indicators for the first week:

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

Using the chart to keep track of your baby's vital health indicators can make the difference between healthy and unhealthy growth. If you wish, make a copy of the chart and place it in a convenient location (on a refrigerator, above the crib, etc.). Place the appropriate (✓) mark or letter designated for each occurrence. For example, if your baby nurses nine times on day two, then place nine checks on that day. If your baby passes his first meconium stool on the second day, then place an "M" on that day. Knowing what to expect and measuring results will get you and your baby off to a great start.

HEALTHY BABY GROWTH CHART: Chart One Week 1

Birth Weight _____ lb. /oz. Birth Length _____ inches

HEALTHY GROWTH INDICATORS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Place a check (✓) for each feeding in a 24 hour period. (Minimum of 8 feedings a day.)							
Place a check (✓) for each nursing period of 15 or more minutes in length.							
Place a "M" for the first stool (Meconium) and a "T" for each brownie battered transition stool.							
Place a "Y" to record each yellow stool. (Milk stools should appear by the 4th or 5th day.)							
Place a check (✓) for each wet diaper. (Wet diapers should start to appear by 48 hours or sooner.)							

7-10 days: Weight _____ lb. /oz. Length _____ inches
 Any two consecutive days of deviation from what is listed as normal *should be reported immediately to your pediatrician.*

Signs of Adequate Nutrition

Chart Two—Weeks Two through Four

Just because things have gone well in the first week does not mean you can slack off from monitoring your baby's healthy growth signs. After the first week, some of the healthy growth indicators begin to change. This chart represents healthy baby growth indicators to be monitored over the next three weeks. Please note the changes:

Here is the checklist for the next three weeks.

1. Your baby is nursing at least eight times a day.
2. 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.)
3. Your baby should start to have six to eight wet diapers a day, some saturated.
4. Your baby's urine is clear, not yellow.
5. Your baby has a strong suck, you see milk, and you can hear an audible swallow.
6. You're noticing increased signs of alertness during your baby's waketime.
7. Your baby is gaining weight and growing in length.

Unhealthy growth indicators are:

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

Any two consecutive days of deviation from what is listed above as normal should be reported immediately to your pediatrician. Using the chart to keep track of your baby's vital health indicators can make the difference between healthy and unhealthy growth. If you wish, make copies of the chart and place it in a convenient location (on a refrigerator, above the crib, etc.). For your assurance record the results with a (√) mark for each occurrence of each healthy indicator. For example, six wet diapers on Monday should have six checks in the appropriate box. Knowing what to expect and measuring the expected results against the actual will provide you security and confidence as your baby grows.

HEALTHY BABY GROWTH CHART: Chart Two Weeks 2-4

_____ Summary of Each Day _____

HEALTHY GROWTH INDICATORS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Place a check (✓) for each feeding in a 24 hour period. (Minimum of 8 feedings a day.)							
Place a check (✓) for each wet diaper per day with clear urine. (Norm per day: 5 to 7.)							
Place a check (✓) for each wet diaper with yellow concentrated urine. (Norm per day: 0.)							
Place a check (✓) for each yellow stool. (For the first month, 2 to 5 or more, per day.)							

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

HEALTHY BABY GROWTH CHART: Chart Two Weeks 2-4

_____ Summary of Each Day _____

HEALTHY GROWTH INDICATORS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Place a check (✓) for each feeding in a 24 hour period. (Minimum of 8 feedings a day.)							
Place a check (✓) for each wet diaper per day with clear urine. (Norm per day: 5 to 7.)							
Place a check (✓) for each wet diaper with yellow concentrated urine. (Norm per day: 0.)							
Place a check (✓) for each yellow stool. (For the first month, 2 to 5 or more, per day.)							

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

HEALTHY BABY GROWTH CHART: Chart Two Weeks 2-4

_____ Summary of Each Day _____

HEALTHY GROWTH INDICATORS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Place a check (✓) for each feeding in a 24 hour period. (Minimum of 8 feedings a day.)							
Place a check (✓) for each wet diaper per day with clear urine. (Norm per day: 5 to 7.)							
Place a check (✓) for each wet diaper with yellow concentrated urine. (Norm per day: 0.)							
Place a check (✓) for each yellow stool. (For the first month, 2 to 5 or more, per day.)							

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

Signs of Adequate Nutrition

Chart Three—Weeks Five through Ten

This third chart differs from the second only in the number of stools eliminated. Basically the rest of the chart is the same. Continue to monitor your baby's growth, especially after your baby starts sleeping through the night.

Here is the checklist for the next six weeks:

1. Your baby is nursing at least seven to eight times a day.
2. 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.
3. Your baby should have six to eight wet diapers a day, some saturated.
4. Your baby's urine is clear, not yellow.
5. Your baby has a strong suck, you see milk, and you can hear an audible swallow.
6. You are seeing increasing signs of alertness during your baby's waketime.
7. Your baby is gaining weight and growing in length.

Unhealthy growth indicators are:

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

Any two consecutive days of deviation from what is listed above as normal should be reported immediately to your pediatrician. Using the chart to keep track of your baby's vital health indicators can make the difference between healthy and unhealthy growth. If you wish, make copies of the chart and place it in a convenient location (on a refrigerator, above the crib, etc.). For your assurance, record the results with a (✓) mark for each occurrence of each healthy indicator. For example, six wet diapers on Monday should have six checks in the appropriate box. Knowing what to expect and measuring the expected results against the actual will provide you security and confidence as your baby grows.

HEALTHY BABY GROWTH CHART: Chart Three Weeks 5-10

_____ Summary of Each Day _____

HEALTHY GROWTH INDICATORS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Place a check (✓) for each feeding. (Minimum should be 7-8 in a 24-hour period.)							
Place a check (✓) for each wet diaper per day with clear urine. (Norm per day: 5 to 7.)							
Place a check (✓) for each wet diaper with yellow concentrated urine. (Norm per day: 0.)							
Place a check (✓) for each stool per day.							

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

HEALTHY BABY GROWTH CHART: Chart Three Weeks 5-10

_____ Summary of Each Day _____

HEALTHY GROWTH INDICATORS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Place a check (✓) for each feeding. (Minimum should be 7-8 in a 24-hour period.)							
Place a check (✓) for each wet diaper per day with clear urine. (Norm per day: 5 to 7.)							
Place a check (✓) for each wet diaper with yellow concentrated urine. (Norm per day: 0.)							
Place a check (✓) for each stool per day.							

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

HEALTHY BABY GROWTH CHART: Chart Three Weeks 5-10

_____ Summary of Each Day _____

HEALTHY GROWTH INDICATORS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Place a check (✓) for each feeding. (Minimum should be 7-8 in a 24-hour period.)							
Place a check (✓) for each wet diaper per day with clear urine. (Norm per day: 5 to 7.)							
Place a check (✓) for each wet diaper with yellow concentrated urine. (Norm per day: 0.)							
Place a check (✓) for each stool per day.							

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

HEALTHY BABY GROWTH CHART: Chart Three Weeks 5-10

_____ Summary of Each Day _____

HEALTHY GROWTH INDICATORS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Place a check (✓) for each feeding. (Minimum should be 7-8 in a 24-hour period.)							
Place a check (✓) for each wet diaper per day with clear urine. (Norm per day: 5 to 7.)							
Place a check (✓) for each wet diaper with yellow concentrated urine. (Norm per day: 0.)							
Place a check (✓) for each stool per day.							

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

HEALTHY BABY GROWTH CHART: Chart Three Weeks 5-10

_____ Summary of Each Day _____

HEALTHY GROWTH INDICATORS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Place a check (✓) for each feeding. (Minimum should be 7-8 in a 24-hour period.)							
Place a check (✓) for each wet diaper per day with clear urine. (Norm per day: 5 to 7.)							
Place a check (✓) for each wet diaper with yellow concentrated urine. (Norm per day: 0.)							
Place a check (✓) for each stool per day.							

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HEALTHY BABY GROWTH CHART: Chart Three Weeks 5-10

_____ Summary of Each Day _____

HEALTHY GROWTH INDICATORS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Place a check (✓) for each feeding. (Minimum should be 7-8 in a 24-hour period.)							
Place a check (✓) for each wet diaper per day with clear urine. (Norm per day: 5 to 7.)							
Place a check (✓) for each wet diaper with yellow concentrated urine. (Norm per day: 0.)							
Place a check (✓) for each stool per day.							

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

Chapter Endnotes

Chapter Two

1. Dr. Rupert Rogers wrote on the problems of breast-feeding during the 1930s and 1940s. He told mothers to be old-fashioned. What did he mean by that? He said to go back to nursing periods arranged as follows: 6:00 A.M., 9:00 A.M., noon, 3:00 P.M., 6:00 P.M., 10:00 P.M., and once when the baby wakes in the night. Although that type of feeding was a schedule, it wasn't referred to as such. The term "schedule" referred to a nursing technique more than a routine. *Mother's Encyclopedia* (New York: The Parents Institute, Inc., 1951), p. 122.
2. See Margaret Ribble's *The Right of Infants* (New York: Columbia University Press, 1943).
3. McCandless, Boyd *Children and Adolescents* (New York: Holt, Reinehart and Winston, 1961), pp. 13-14
4. Spock, Benjamin, M.D. *Baby and Child Care* (Pocket Books/Simon & Schuster Inc, 1996)
5. William Sears, M.D., & Martha Sears, R.N., *The Baby Book* (Boston: Little, Brown & Company, 1993), p. 343.
6. *Journal of Human Lactation*, Volume 14, Number 2, June 1998, p. 101.
7. *Ibid.*, p. 101.

Chapter Three

1. This conclusion was drawn from a study based on thirty-two mother-infant pairs observed over two years. Sixteen families were from the La Leche League, and the other sixteen were not. "Sleep-Wake Patterns of Breast-Fed Infants in the First Two Years of Life," *Pediatrics* 77, no. 3, (March 1986): p. 328.
2. Marc Weissbluth, *Healthy Sleep Habits, Happy Child* (New York, Ballantine Books 1987), p. 44.
3. *Ibid.*, p. 6.
4. American Academy of Pediatrics, "Does Bed Sharing Affect the Risk of SIDS?" *Pediatrics* 100, no. 2 (August 1997): p. 727.
5. American Academy of Pediatric Policy Statement PEDIATRICS, Vol. 116 no. 5 November 2005, p. 1247.

Chapter Four

1. *Pediatrics*, 100, no. 6 (December 1997): p. 1036.
2. *Ibid.*, p. 1036.
3. See www.cdc.gov/breastfeeding/data/report.htm
4. See the work of Nancy Butte, Cathy Wills, Cynthia Jean, E. O'Brian Smith and Cutberto Garza, "Feeding patterns of exclusively breast-fed infants during the first four months of life,"

(Houston: USDA/ARS Children's Nutrition Research Center, 1985).

5. Sources supporting these recommended number of feeding times: *American Academy of Pediatrics Policy Statement Pediatrics* 100, no. 6, (December 1997): 1037. Frank Oski, M.D., *Principles and Practice of Pediatrics*, 2nd ed. (Philadelphia: J.B. Lippincott Company, 1994), p. 307; Richard E. Behrman, M.D., Victor C. Vaughan, M.D., Waldo E. Nelson, M.D., *Nelsons Textbook of Pediatrics*, 13th ed. (Philadelphia: W.B. Saunders Company, 1987), p. 124. Kathleen Huggins, *The Nursing Mother's Companion*, 3rd ed. (Boston: The Harvard Common Press, 1995), p. 35. Jan Riordan and Kathleen Auerbach, *Breastfeeding and Human Lactation*, (Sudbury, MA.: Jones and Bartlett Publishers, 1993), pp. 188, 189, 246.
6. Breastfeeding mothers are sometimes warned not to use a bottle. The concern is over "nipple confusion." The belief is that a baby will become confused and refuse the breast if offered a bottle. Although under normal circumstances there will be no need to introduce a bottle to the breast-fed infant in the first few weeks, there will come a time when the bottle will be a welcome friend. After the first few days of breast-feeding, supplementing by bottle rarely causes "nipple confusion." Kathleen Huggins, *The Nursing Mother's Companion*, 3rd ed. (Boston: Harvard Common Press, 1995), p. 73.

Chapter Eight

1. *Caring for Your Baby and Young Child—Birth to Age Five: The Complete and Authoritative Guide* (The American Academy of Pediatrics), ed. Steven P. Shelov M.D., F.A.A.P. (New York: Bantam Books, 1998), pp. 34-47.
2. *Ibid.*, pp. 188-89..
3. *Ibid.*, pp. 36.
4. *Ibid.*, p. 189.
5. Study cited by Mary Howell, M.D. in *baby!* Vol. 2 No.2. [The Healthy Baby](#) 1987, p.27.

Chapter Nine

1. Michael E. Lamb, Ph.D., from the Department of Pediatrics at the University of Utah Medical School, summarizes our position: "The preponderance of the evidence thus suggests that extended contact [the bonding theory] has no clear effects on maternal behavior." Michael E. Lamb, Ph.D., in *Pediatrics*, 70, no. 5 (November 1982), p. 768.
2. For an excellent challenge to the myth of bonding please see Diane Eyer, *Mother Infant-Bonding: Scientific Fiction*, (New Haven: Yale University Press. 1992).
3. *Pediatrics* (August 1997), p. 272.
4. National Institute of Child Health and Human Development, "Sudden Infant Death Syndrome," April 1997.

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