



Normal Growth Pattern In The Breastfed Baby's First Year

Weight Gain

| | | |
|-------------|-------|-------------------------|
| Months 1-4 | | 4 - 8 ounces per week |
| Months 4-6 | | 3 - 5 ounces per week |
| Months 6-12 | | 1.5 - 3 ounces per week |

Growth In Length

| | | |
|-------------|-------|--------------------|
| Months 1-4 | | 1 inch per month |
| Months 5-12 | | 1/2 inch per month |

Growth In Head Circumference

| | | |
|-------------|-------|--------------------|
| Months 1-6 | | 1/2 inch per month |
| Months 6-12 | | 1/4 inch per month |

Newborns

- A weight loss of 5-7% is normal.
- A weight loss of 10% is acceptable to some medical professionals, but it is a sign that the baby needs close monitoring and the mother needs help with breastfeeding.
- The baby should regain birth weight by 2 weeks of age.

At 12 months of age, most babies:

- Weight about 2 1/2 times birth weight
- Measure about 1 1/2 times the birth length
- Measure about 1 1/3 times the birth circumference