

Caring for Your Child
Test Weights With an Electronic Scale

NOTE: These instructions are *not* for the Medela Baby Weigh Scale. If you have a Baby Weigh Scale, ask your nurse for a copy of 13:B:29 – The Baby Weigh Scale from Medela: Parent's Instructions.

Weighing your baby before and after breastfeeding will help you to know how much milk your baby is getting. Please follow the steps below exactly:

1. Dress your baby in the clothes or blankets he will wear while breastfeeding. For test weights to be correct, you must weigh your baby in exactly the same diaper, clothes and blankets before and after breastfeeding. That way, the baby's milk intake will be the only difference in the two weights.
2. Change your baby's diaper before doing the pre-feeding weight.
3. Place a blanket on the scale. Do NOT let the blanket drape over the edges of the scale. Turn the scale ON and you will see the weight of the blanket. While this weight is displayed, press the ZERO buttons.
4. Place your baby on the scale before breastfeeding to get the "before weight." Write this number in the "before weight" section on the chart.
5. Breastfeed your baby. If your baby wets or stools while breastfeeding, do not change the diaper. This needs to be measured with the "after weight."
6. After breastfeeding, turn the scale ON and press the ZERO button.
7. Place your baby on the scale and get the "after-feeding weight." Write this number in the "after weight" section of the chart.
8. Subtract the before-weight from the after-weight. The answer you get is the amount of weight your baby gained. This tells you the amount of milk your baby took in. (The number is in grams, not pounds and ounces. One gram of weight gain equals about one ml of milk intake.) Write this number in the "total intake" section of the chart.

EXAMPLE

Your baby weighs 2400 grams before breastfeeding.

Your baby weighs 2430 grams after breastfeeding.

Subtract the after-weight from the before-weight. 2430 minus 2400 equals 30.

The baby is 30 grams heavier, which equals 30 milliliters of milk intake (30 milliliters is equal to 1 ounce)

If you have questions about doing test weights, call the CHOP lactation specialists at 215 590-4442.

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