

3. Weight Gain

MODULE 4

The weight gain is a good indication that the baby is drinking enough milk. Here are a few clues.

- Most breastfed babies will lose up to 7 percent of their birth weight during the first three days after birth.
- Your baby should gain at least five to eight ounces (140 to 224 grams) per week during the first three months and at least 1 pound (16 oz or 448 g) per month between the third and the sixth month.
- Your baby should have returned to his/her birth weight by the second week of age.

