

Aeroflow Breastpumps

Newborn Weight Loss

Physiological Norm

All newborns go through what is called physiological weight loss, meaning the expectation is that infants will lose weight the days following birth. This is a normal process. It is commonly due to fluid retention during labor and the passage of meconium after birth. The National Institute of Health (NIH)¹ reviewed data and found that infants lose the most weight on day 2 and 3. The results indicated the average weight loss was 5-6% of birth weight. Weight loss $\geq 10\%$ is when pediatricians become concerned.

Weight Gain Expectations

It is commonly recommended for infants to be back to birth weight by 7-14 days, however, an article published by the American Academy of Pediatrics (AAP)² notes that it takes some infants up to 21 days to be back at birth weight, especially with a cesarean section. The Academy of Breastfeeding Medicine³ instructs that infants should start steadily gaining weight around day 4-6. This correlates with the timeframe that milk begins coming in. There should be further evaluation of how breastfeeding is going if the infant is still at 7% weight loss by day 6.

Cesarean Section and Weight Loss

Fluid retention and weight loss is increased with cesarean section deliveries. As explored by the AAP⁴, double the amount of newborns that were exclusively breastfeeding and delivered via cesarean section, versus vaginally, presented with weight loss $\geq 10\%$ of their birth weight. More often than not, infants delivered via cesarean section take closer to the 21 day mark to be back at birth weight. Due to this, these patients should be closely monitored by professionals to assess the success of breastfeeding in other forms than only weight.

Discharge Home

It's encouraged for infants to follow up with their pediatrician within 2 days of discharge from the hospital to assess weight. Although the baby is closely monitored by the pediatrician, it is important to continue monitoring other signs that your baby is getting enough to eat while at home. The expectation is that infants eat about every 2-3 hours. In between this time, your newborn should appear satisfied, besides periods of growth where infants may cluster feed

up to 3 days in a row. The infant should pee 6 times every day by 5 days old. The infant should also be pooping about 3 times each day. Monitoring the amount of output your baby has is a great tool to assess if your baby is getting enough, in addition to weight gain/loss. It's also important to note that breastfeeding should not be painful. A painful latch can indicate poor milk transfer for your baby and should be further evaluated by a lactation consultant.

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Ultimate Breastfeeding Prep
- Birth & Breastfeeding

To register for these classes, log into your portal or click [here](#).

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>

References

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3091615/>
2. <https://publications.aap.org/pediatrics/article-abstract/138/6/e20162625/52570/Weight-Change-Nomograms-for-the-First-Month-After?redirectedFrom=fulltext>
3. <https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/2-going-home-discharge-protocol-english.pdf>
4. <https://publications.aap.org/pediatrics/article-abstract/135/1/e16/52890/Early-Weight-Loss-Nomograms-for-Exclusively?redirectedFrom=fulltext>