

RED, YELLOW, GREEN CHART Weight Assessment after Birth for Full Term Infants

GO

BIRTH TO 9 DAYS

10 DAYS TO 13 DAYS

2 WEEKS OR MORE

Less than 7% weight loss

At or above birth weight

Above birthweight

Caregiver needs to know: Baby's weight is what we expect it to be at this age. Encourage them to listen for swallows and look for fullness cues to make sure baby is satisfied. Praise them on their infant feeding success.

Next steps:

1. Instruct them to feed baby 10 or more times/day.
2. Educate them on appropriate diaper counts.
3. Offer follow-up phone call and/or weight check.
4. Refer for help for any feeding/latching concerns.

SLOW

7-9% weight loss

Less than 5% weight loss

Back at birthweight yet did not gain 4 -7 oz in the previous week

Caregiver needs to know: Baby's weight is just below what we would expect it to be at this age. It is important to make sure baby is actively sucking throughout the feeding and having enough wet/dirty diapers.

Next steps:

1. Instruct them to feed baby 10 or more times a day.
2. Schedule follow-up weight check within 1-2 days.
3. Offer a pump if baby is not feeding well at breast.
4. Open a "Center BF follow-up" task for BF concerns.
5. Call in 24 hours to assess baby's feeding.
6. Single Issue.

STOP

10% or more weight loss

More than 5% weight loss

Not back to birth weight

Caregiver needs to know: Baby has lost more weight than expected for this age and it is very important that the baby is seen by a doctor right away. Encourage them to breastfeed 10 or more times a day. Instruct them to supplement the baby with expressed breastmilk/formula until the baby gains the expected weight.

Next steps:

1. Refer to the Nutritionist.

Nutritionist will:

2. Provide caregiver infant feeding instructions.
3. Explain the importance of immediate follow-up with the pediatrician.
4. Complete the "Physician Referral" form.
5. Call/refer to the pediatrician.
6. Complete the "Weight Gain Plan for Your Baby" Handout.
7. Offer an electric pump to breastfeeding participants.
8. Document in WIC WISE & open a "Red Alert Baby" task.
9. Single issue and call the BFHL for a LC referral.

NORMAL

Continue to support their infant feeding goal.

MONITOR

Monitor weight to keep baby out of the RED zone.

TOO HIGH

Baby needs a plan today to gain weight back and a Physician Referral.