

Using a Medela BabyWeigh I Scale

There are two primary reasons to use a baby scale: to determine your baby's **naked weight**, or to determine **how much milk your baby removes from your breasts** at a feeding.

To Obtain a Naked Weight:

1. Plug the scale into an electric outlet and make sure that the scale is level. The unit should not rock back and forth and the leveling bubble should be inside the red circle. Adjust the legs of the scale if the scale is not level. Turn the scale on.
2. Set the lbs./grams indicator to pounds. This small switch is on the right side. The display should read 0.00.00.
3. If desired, place a blanket on the scale tray and press Zero. Display should now read 0.00.00. (This allows you to weigh your baby, but not the blanket.)
4. Undress your baby and place your baby on the scale without a diaper.
5. When you notice that the weight indicator locks (and beeps), write down the weight.

Example: 7.07.7 = 7 pounds, 7 ounces and 7/10 of an ounce.

To Determine How Much Milk Your Baby Removes: (Pre and Post Weights)

1. Follow step 1 above.
2. Set the lbs./grams indicator to grams. This small switch is on the right side. The display should read 0.
3. If desired, place a blanket on the scale tray and press Zero. Display should now read 0. (This allows you to weigh your baby, but not the blanket.)
4. Place your baby on the scale tray fully clothed, or in just a clean, dry diaper (not naked).
5. When the scale locks, press the Pre-Feeding button. You may also record this weight on a piece of paper (pre-weight).
6. Remove your baby from the scale and feed baby.
7. When finished feeding, do NOT change diaper or clothes. Place your baby back on the scale and press the Re-Weigh button (post-weight). You may also record this weight on a piece of paper.
8. Press the Post-Feeding button and hold. The scale will register how much milk baby removed from your breast(s). If desired, you may manually subtract the pre-weight from the post-weight.

30 grams = 30 ml = 30 cc

30 cc = 1 fluid ounce

16 ounces = 1 pound

A normal newborn may lose up to 10% of their birth weight in the first 4 days. By day 4, a baby should no longer lose weight and should start to gain weight and be back to birth weight by day 14. By one month of age, or around 10 lbs., a baby will consume 19-30 ounces a day. In the first 3 months, most babies will gain around 7-10 ounces a week. A baby who is gaining well will consistently follow his or her growth curve on the WHO growth chart.

Reviewed: copyright January 2018

MilkWorks
LINCOLN • OMAHA • YORK



**Community
Breastfeeding
Center**

5930 S. 58th Street
(in the Trade Center)
Lincoln, NE 68516
(402) 423-6402

10818 Elm Street
Rockbrook Village
Omaha, NE 68144
(402) 502-0617

For additional
information:
www.milkworks.org