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Normal weight for 6 weeks baby

By six weeks of age an infant will have gained weight rapidly. At birth, a baby can weigh between 6 lbs 2 oz and 9 lbs 2 oz on average, states KidsHealth. There are many factors that can contribute to variations in the newborn's weight, including the gestational age of the baby at birth, the size of the parents, if the baby shared the womb with siblings, the baby's gender and the mother's health during pregnancy. Infants should grow at a relatively steady rate after birth, making it difficult to identify exactly what a baby should weigh at six weeks of age. Significance of Birth Weight A baby's birth weight sets the baseline for weight gain for the next year. When a baby is above or below average in weight at birth, then she may continue to be so at six weeks of age. Some babies will catch up or slow down in weight soon after birth, making them fall into the average range of weight on growth charts. Within a few days of being born, a healthy newborn will lose about 7 to 10 percent of her birth weight, states KidsHealth.org. This will be regained by the second week of life. Function of Pregnancy Conditions KidsHealth.org explains that a mother with health conditions such as high blood pressure or heart problems, or who uses cigarettes, alcohol or illegal drugs during pregnancy will likely give birth to a child with a low birth weight. Conversely, mothers with diabetes, including gestational diabetes, can have larger babies. Eating poorly, including eating too much or missing out on important nutrients, can impact a baby's birth weight. A baby has a good chance of reaching the average weight range after birth if an adequate eating routine has been established throughout the pregnancy. Weight Range A baby will gain about 5 oz. per week after birth, according to KidsHealth. This rate of gain may be steady with several growth spurts, where the baby gains weight rapidly, occurring after the first, third and sixth weeks of life. A baby following this pattern will have gained about two pounds after birth by the sixth week of life, making the ideal weight range between eight and 11 pounds. All babies are different and may gain at a faster or slower pace than their peers, depending on various factors. Some babies may not establish a strong feeding routine by the sixth week. Due to being born early, a premature baby may not hit the typical growth spurts until sometime after the expected due date. This means a baby born five weeks early may not have the three-week growth spurt until she is actually eight weeks old. Most premature infants will catch up with full-term babies within the first year, states FamilyDoctor.org. Effects A baby can be considered perfectly healthy when his weight is below the standard for his age, but there are times when failing to gain weight is a concern. DrGreene.com describes this condition as failure to thrive. When a six-week-old baby has not gained weight that is in line with his head circumference or length, a health care professional may take action. Sometimes this lack of gain is due to genetics, but it can also be the result of poor nutrient absorption or inadequate caloric intake. At six weeks, it may feel like your baby was just born, or it may feel like you have known them for a lifetime. You and your infant have gone through a lot of changes and growth in the past few weeks, and this one will hold a lot of new, exciting developments for both of you—from possibly heading back to work to growth spurts. Here is what you can expect from your 6-week-old baby's development. Illustration by Joshua Seong, Verywell Give yourself time to adjust Practice self-care Have a plan for postpartum depression Do your research on vaccinations Enjoy your baby's first smile If you're returning to work this week, it can take some time for you to adjust. The separation will most likely be more difficult for you than your baby, so be sure to surround yourself with support from others who have been through it. Remember to continue to take care of yourself and your body. At 6 weeks, you might have received the all-clear to resume your previous activities, but it's still important to practice self-care, take your prenatal vitamins, and get plenty of rest and hydration. Symptoms of postpartum depression can start sometime between weeks 5 and 6 of your baby's life and all the way up until their first birthday. Know the signs and symptoms to look for and educate your partner or family member/friend with a plan for what to do if symptoms develop. Soon, your baby will have a month well-child check-up, which will include his or her first round of vaccinations, including some combination vaccinations. Be prepared to talk to your pediatrician so you feel confident in making the choice for your baby to get vaccinated. This week and the coming weeks will bring a very exciting milestone—your baby's first smile! Soak it in! At 6 weeks old, your baby is gaining weight at a rate of about 1.5 to 2 pounds per month, so by the end of two months, your infant could have packed on an additional 4 pounds since birth. Considering that your baby probably only weighed around 7 pounds to begin with, that's an impressive feat! Your little one will also continue adding length, at an average of a little more than 3/4 of an inch per month. In some cases, babies tend to grow in "spurts" and add a lot of length at once, then have periods of slower growth. And last but certainly not least, your baby's head circumference will continue to grow about 2 centimeters per month for the first year of life. Although it might seem like a rather odd statistic to keep track of, your baby's head circumference growth is an important indicator of their brain growth and development. At 6 weeks old, there's a lot of growth happening, but your baby may not hit all of these milestones just yet. These are the skills and developmental milestones they are working toward and should be able to master soon. Body Holds their head up during tummy time or when you are holding them on your chest Makes more smooth movements with their arms and legs Brain The first smile! "Smiles" up to this point may have been more related to gas, so this is a very exciting moment when your little one will start to smile for real at you and others around them. Begins to self-soothe. Your infant is starting to learn important ways to calm down, such as sucking on a fist when feeling upset. Tries to keep a parent in their line of sight. Babies at this age love looking at human faces more than anything, so this week, you're the star of the show. Turns head toward sounds. "Coos" and gurgles in attempts to "talk" to you. Gets bored. You won't hear whines of "I'm bored!" just yet, but even at this young age, your baby can get fussy or irritable without new stimulation or activity and may cry when feeling bored. Follows items, like a finger or a rattle, with his eyes across the room or as it moves. When to Be Concerned Not all babies develop at the same rate and there will always be considerations for your baby's own unique abilities and special needs. Remember, there is a wide range of developments that can happen even within a week's time span. However, by the end of two months, you may want to discuss with your baby's doctor if you notice your little one: Will not respond to loud sounds Won't watch items or people as they move Is not smiling Can't bring their hands to their mouth Can't hold their head up when laying on their stomach All babies grow and develop at different rates, but you may want to speak to your doctor if your baby can't bring their hands to their mouth or hold their head up when lying on their stomach. Now that your baby can get bored and can smile, it may affect how you spend your days together. Those two major developments mean you may have to switch things up a bit this week to keep your baby content. As you try out new activities, toys, or even silly faces to bring out those first smiles in your little one, here are some more suggestions to keep you both busy and happy. Take a stroll. Most babies love taking a walk, getting some fresh air, and seeing the sights and sounds outside. At 6 weeks old, your baby will still need a stroller with an attached car seat. Use a baby swing: Baby swings are a great way to keep your little one entertained and free up your own arms at home, too. Choose a baby swing that offers a built-in mobile for more fun. As always, don't leave your baby sleeping or unattended in a baby swing. Pack up and go: If you're getting out of the house this week to start a new routine with a care provider (if you may be returning to work), you might find it helpful to purchase a lightweight bouncer or travel bouncer to take back and forth or leave with a caregiver. Introduce new toys: These toys for 2-month-olds are all about encouraging motor skills and cause-and-reaction skills that your little one is just starting to develop. As your baby discovers their hands and how to hold items, plush, brightly-colored, or easy-to-reach toys are perfect for this age. Baby care this week may be centered around adjusting to a new routine if you are preparing to head back to work. You might feel like you just got a routine established and now, you're starting all over, but with time and patience, your family will feel settled again. If you are a working mom, keep these tips in mind: Every baby is different and some babies might be unaffected by an adjustment in their routine. Other babies may need a little more time to adjust. They may need extra comfort when you get home with them, want to nurse more, be held more, or even have more periods of fussiness and crying. If you notice that your baby seems to be crying more this week, it could be due to a change in routine, or it may also be a normal part of development at this stage. The American Academy of Pediatrics says crying may actually increase during 6 to 8 weeks of a baby's life, so you might just need a little extra patience this week to get through some fussy times together. Always remember to get assistance when you can, and if you are ever feeling the urge to shake your baby, put them down in a safe place and call for help. Sometime between weeks 3 and 6, your baby will go through another growth spurt, so you may notice slight changes in eating and sleeping habits. It's important to continue to follow your baby's hunger cues and feed them on demand. By 6 weeks, your baby may be more adept at feeding efficiently, with breastfeeding sessions lasting around 15 to 20 minutes. Your baby's bowel movements may also change significantly this week. Up until this time, your baby may have been having bowel movements several times a day and maybe as frequently as after every feeding. But as your little one enters the second month of life, they may start experiencing a decrease in bowel movements. At this age, it is very normal for breastfed babies to only have a bowel movement once a day, or to skip several days altogether. In fact, babies that are exclusively breastfed and do not receive any formula at all can go up to a week with only one bowel movement. At first, you may find this decrease concerning, but you can monitor your little one for constipation by being aware of these signs. Bowel movements that are hard or resemble pellets. Normal bowel movements range from being loose or soft. Discomfort or irritability in your baby with bowel movements. Formula-fed babies are more likely to get constipated than exclusively breastfed babies, especially with high-iron formulas. Your baby will most likely not sleep through the night until at least two months of age, but hopefully last week you started to notice they were more awake during the day and sleeping for longer stretches at night. At this age, your infant will still sleep an average of 16 hours per 24-hour period. You can start to initiate these practices that will encourage your little one to sleep well as they grow: Put them to sleep awake or a little drowsy. Avoid letting them nurse or feed to sleep. Be consistent with sleep routines, such as switching on a fan or white noise machine before laying your baby down or performing a sleep ritual, such as an infant massage. Sometime between weeks 6 and 9, your baby will have a 2-month check-up. The 2-month check-up is an important one because it will include your baby's first round of several vaccinations, including a combination vaccination. At this appointment, your baby will receive the pneumococcal, DTaP, Hib, and polio vaccines as injections and the rotavirus vaccine orally. Your baby will also receive the second hepatitis B at the 2-month check-up if they didn't have it at the 1-month checkup. Talk to your doctor about what they recommend you do in preparation for your visit. You may want to plan on nursing your baby right after the vaccinations to help soothe, so talk to the office staff to make those preparations. If you feel nervous, be sure to research the vaccinations your child will receive and educate yourself on why they are so important for your infant and the health of your family. Usually, the only complication your infant may experience from a vaccine is a little redness and irritation at the injection site and, in some cases, a mild fever. Now that your baby is 6 weeks old, you might be feeling like a parenting pro. Despite your expertise, it's still a good idea to brush up on some basic baby health and safety necessities this week, like taking an infant CPR class. Many are available for free for new parents at your local hospital. As a new parent, you may be going back to work and have been cleared by your pregnancy care provider at the 6-week check-up. But remember you will be on a postpartum journey for many weeks and months after your baby is born. If you feel you need extra time for anything, whether it's intercourse or activity, take it. Focus on self-care this week, especially if you are returning back to work. Make sure to: Continue taking your prenatal vitamins if you are breastfeeding. Have a postpartum depression plan in place. Postpartum depression can develop anytime during your baby's first year of life, but it may begin around this week. Go over the signs and symptoms of postpartum depression with your partner or someone in your life that you trust and review a plan for what to do if the signs develop. Find emotional support. Going back to work can be a very difficult time as you prepare to leave your baby for the first time. Talking about it with other moms who have been there before can help you go through the transition. Although babies of the same age can vary in size, their weight is one indication of good nutrition and physical development. It can therefore be helpful to know the average baby weight by age in months.It is important to note that average weight is not the same as "normal" weight. If a baby's weight is in a lower percentile, it does not necessarily mean that anything is wrong with their growth or physical development.A baby weight chart is one tool that healthcare providers can use to measure a baby's growth. The Centers for Disease Control and Prevention (CDC) recommend using the World Health Organization (WHO) chart for babies aged 0-2 years.In this article, learn more about the average baby weight at birth and by month.Like adults, babies can be different sizes. According to the WHO, the average birth weight for male babies born full-term is 7 pounds (lb) 6 ounces (oz).The average birth weight for female babies is 7 lb 2 oz.Most babies born at 37-40 weeks weigh between 5 lb 8 oz and 8 lb 13 oz. According to March of Dimes, a baby who weighs under 5 lb 8 oz at birth has a low birth weight.It is common for babies to lose around 10% of their weight shortly after birth. This weight decrease mostly occurs due to fluid loss and is usually nothing to worry about. Most babies gain back the weight within a couple of weeks.A baby weight chart plots a baby's weight on a graph and compares it with the weight of other babies of the same age and sex.The chart indicates what percentile the baby's weight falls into. For example, if a baby's weight is in the 60th percentile, it means that 40% of babies the same age and sex weigh more and 60% weigh less.The chart below represents baby weights in the 50th percentile. This is the average weight. Male babies tend to weigh a little more than female babies, so the chart is divided by sex.Baby ageFemale: 50th percentile weightMale: 50th percentile weightBirth7 lb 2 oz (3.2 kg)7 lb 6 oz (3.3 kg)1 month9 lb 4 oz (4.2 kg)9 lb 14 oz (4.5 kg)2 months11 lb 5 oz (5.1 kg)12 lb 4 oz (5.6 kg)3 months12 lb 14 oz (5.8 kg)14 lb 1 oz (6.4 kg)4 months14 lb 3 oz (6.4 kg)15 lb 7 oz (7.0 kg)5 months15 lb 3 oz (6.9 kg)16 lb 9 oz (7.5 kg)6 months16 lb 1 oz (7.3 kg)17 lb 8 oz (7.9 kg)7 months16 lb 14 oz (7.6 kg)18 lb 5 oz (8.3 kg)8 months17 lb 8 oz (7.9 kg)18 lb 15 oz (8.6 kg)9 months18 lb 2 oz (8.2 kg)19 lb 10 oz (8.9 kg)10 months18 lb 11 oz (8.5 kg)20 lb 3 oz (9.2 kg)11 months19 lb 4 oz (8.7 kg)20 lb 12 oz (9.4 kg)12 months19 lb 12 oz (8.9 kg)21 lb 4 oz (9.6 kg)Share on PinterestA baby's length and head circumference are other indicators of their physical development.Try not to focus too much on weight as the only indicator of physical development. Other measurements that indicate physical development include the baby's length and their head circumference.Combining these three measurements gives doctors an indication of how the baby is growing compared with other babies of the same age and sex.Babies grow and gain weight the fastest within the first 6 months of life. Although it can vary, babies tend to gain around 4-7 oz per week in the first 4-6 months.Weight gain then slows slightly, with an average gain of around 3-5 oz per week when the baby is aged 6-18 months.On average, babies triple their birth weight by their first birthday.Infant growth patterns do not follow a textbook schedule, however. Some babies gain weight steadily and will stay in the same percentile or close to it for several months.In other cases, a baby's weight can increase rapidly, which may signal a growth spurt. Growth spurts can occur at any time, and sometimes, a growth spurt will move a baby up to a new weight percentile.Several factors can affect how fast a baby gains weight. These factors include:Sex:Although it can vary, male babies are often bigger at birth than female babies, and they typically gain weight a little faster during infancy.Nutrition:Share on PinterestBreastfed babies tend to gain weight and grow faster in the first 6 months.Weight gain and growth rates can also vary depending on whether the baby consumes breast milk or formula.According to the American Academy of Pediatrics, breastfed babies gain weight and grow faster than formula-fed babies during the first 6 months.However, that rate of weight gain can shift during the second 6 months. Breastfed babies may gain weight and grow less rapidly than formula-fed babies from 6 months to 1 year.Medical conditions:Underlying medical conditions can cause a baby to gain weight more slowly. For example, babies with congenital heart defects may gain weight at a slower rate than babies without the condition.Conditions that affect nutrient absorption or digestion, such as celiac disease, may also lead to slow weight gain.Prematurity:Babies born prematurely may grow and gain weight more slowly during the first year than babies born at full-term.However, many babies who are born prematurely gain weight rapidly in the first months and can "catch up" in weight by the first year or so.The average birth weight for full-term male babies is 7 lb 6 oz. The average birth weight for female babies born full-term is 7 lb 2 oz.Baby weight charts can help healthcare providers track a baby's physical development. These charts compare a baby's weight with that of other babies who are the same age and sex.Usually, a doctor looks for steady growth rather than a certain percentile to assess a baby's physical development.It is important to remember that even if a baby's weight is in the lower percentiles, they will not necessarily be short adults. The opposite is also true; larger babies do not necessarily become tall adults.Knowing average baby weights by month can help a person gauge whether a child is growing well, but these measurements are not the only indication of good health. Doctors will also measure their length and the circumference of their head to look at their overall rate of growth.

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