

*** What does “The Physiological Weight Loss of newborn mean ?**

It is a normal condition where newborn babies lose weight during the first week of life.

Causes of phenomenon are:

1. Loss of partial body fluid.
2. Excretion of meconium and urine.
3. Inadequate intake, which may lead to a weight loss of up to 10% of their birth weight.

In general, the maximum loss occurs in the first 2 days after birth, reaches the lowest point on the 4th day, then regain gradually.

Most babies regain their birth weight within 10 to 14 days of life.

After gaining back to birth weight , subsequent weight gain will be as follows:

1. Weight gain of 125 grams per week.

2. Weight gain of 500 grams per month.
3. Achieve double the birth weight at six-months-old.
4. Achieve three times the birth weight at one-year-old.

*** Risk factors of Physiological Weight Loss**

1. Latch-on in a wrong way! (Only proper latch-on can effectively drain breast milk.)
2. Inadequate feeding frequency! (At least eight to twelve times a day)
3. Sucking one breast less than twenty minutes, which leads to insufficient intake of hind milk.
4. Not breastfeeding during the night time. (night time is the peak of lactation)

*** Nurses’ Guidance**

1. How to know that breastfeeding is done right?

Your baby gets milk by sucking on the breast not just the nipple. Your baby's lips will open wide around your breast. You will feel the baby's tongue and mouth pull on your breast and not just your nipple into the baby's mouth. The baby's lips should be turned outward, although you might not be able to see the bottom lip.

When the baby has latched on well, you may hear swallowing noises or the see the baby's jaw working as the tongue massages your lower breast. There will be gradual weight gain, and your baby feels contented after each feeding. Your breast will feel softer after an adequate feeding. Breastfeed

your baby according to his/her need and your breasts will continue to make milk while feeding. They begin to stay awake for longer periods of time if feeding well.

2.Stooling:

Your baby's first bowel movement will consist of meconium, a sticky greenish-black substance present in the intestine before birth. Two to five days after birth, stools will become a mixture of meconium and undigested substances, which is spinach green or yellow in color. A week later, your baby's stool will become golden yellow color with watery or muddy appearance.

3.Urination:

Most newborn babies will have urine output within the first 24 hours of life. By the 6th day of life, urinating eight to ten times a day is

common. On the 2nd and 3rd day of life, if your baby's milk intake is not enough, his/her urine may appear slightly reddish or pinkish in the diaper which means the urine is concentrated due to inadequate intake. More frequent milk feeding is suggested.



(Picture taken from the Internet)

For inquiries: Chung Shan Hospital
Tel: (02)2708-1166
Nursery Extension: 2220

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Nursing Care about The Physiological Weight Loss

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