

To make your appointments with a Health Visitor, a Nursery Nurse or with the Family Centre Service, or to speak to someone about any concerns that you have, please call our duty line on 0300 123 7572 between the hours of 09:00 hours – 17:00hrs Monday- Friday.

**Hertfordshire Community NHS Trust**

Unit 1a Howard Court, 14 Tewin Road,  
Welwyn Garden City AL7 1BW

[www.hct.nhs.uk/children-and-families](http://www.hct.nhs.uk/children-and-families)



## Self-Weighing

A guide to self-weighing your baby / infant



## When should you get your baby weighed?

Infant Age	Who to see	Where will it take place
Birth	Midwife	In Hospital
5 and 10 days	Midwife	At midwifery clinic/home
14 days	Health Visitor	At home
6-8 weeks	Health Visitor	By Appointment (at clinic/home)
12 weeks	Health Visitor Team	By Appointment (in clinic)
16 weeks	Family Support Staff	Self-Weigh Station (at Family Centre)
20 weeks	Family Support Staff	Self-Weigh Station (at Family Centre)
6 months	Health Visitor Team	By Appointment (in clinic)
8 months	Family Support Staff	Self-Weigh Station (at Family Centre)
10 months	Health Visitor Team	By Appointment (in clinic)
1 year	Family Support Staff	Self-Weigh Station (at Family Centre)
18 months if Special Educational Needs Child	Health Visitor Team	By Appointment (in clinic)
2 ½ years	Health Visitor Team	By Appointment (in clinic)t

It is normal for a baby to lose some weight in the first few days after birth. Your baby should be weighed in the first week as part of their assessment of feeding – this is often completed as part of your midwife contact.

Most babies get back to their birth weight by 2 weeks of age. This is a sign that feeding is going well and that your baby is healthy.

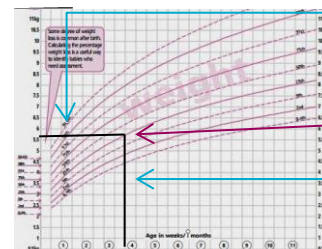
**If your baby has crossed over 2 centile lines plotted in the Red Book, please contact your Health Visitor so that they can review your baby's weight.**

## How do you self-weigh?

- Before placing your baby on the changing mat, please make sure there is clean blue/white paper roll on the mat and the scales.
- Undress your baby. Remove your baby's nappy. Press the start button. Wait for 0.000 to appear on the display. The scale is then automatically set to zero and ready to use. Briefly press the 'hold' button and the weight in the display.
- When weighing baby: Place baby on the tray, ensuring baby lies as still as possible. If your baby can sit unaided, you can sit them on the scales. If not, please lay your baby on their back on the scales and ensure your baby is not holding onto anything which may affect the weight
- Briefly press the 'hold' button and the weight in the display. Take a note of the weight. Take your baby off the scales and dress them. Go to the back of the Red Book to the area you record you baby's weight. Record the date, your baby's age and weight. Clean the mat and the scales with the antibacterial wipes provided and put the rubbish in the bin.

## How to record your baby's weight in your Personal Child Health Record (Red book)?

Date	Age	Wt (kg)	Wt (lbs)	Other Measurements	Name or Initials
Today's Dates	Baby's age in weeks / months	Weight in kilograms	Weight in pounds	Ignore this column; it's for Health Visitor use	Write self-weigh



- Find your baby's weight and follow the line across to age
- Find your baby's age in weeks/months and follow the line up to weight
- Mark in pencil with a dot
- Remember **blue charts for boys** and **pink charts for girls**

Please visit our website to view our video on self-weighing  
<https://www.hct.nhs.uk/children-and-families/self-weighing-stations/>