

## Weighing Your Baby At Home

### Choosing a Scale

- Electronic
- Measures to a precision of 0.1 kg (100g)
- Allows tared weighing (able to re-set to zero) \* *optional*\*

### Preparation for Weighing

Be sure that the scale is placed on a flat, hard, even surface.

Babies should be weighed naked; wrap them in a blanket or other covering until weighing.

### How to Weigh Your Baby on a Kitchen Scale

- Turn on the scale. When the number 0.0 appears, the scale is ready.
- Place a large bowl or baking sheet on the scale and drape with a light sheet over the surface.
- Press tare button to zero the scale. It should display the number 0.0.
- Carefully place undressed baby on the surface. Ensure that the kitchen scale is balanced and not likely to fall over with baby on top.
- The baby's weight will appear on the display. Record this weight.

### How to Weigh Your Baby on an Adult Scale (with parent)

- Turn on the scale. When the number 0.0 appears, the scale is ready.
- Parent will remove their shoes and step on the scale to be weighed alone first. Have someone else hold the undressed baby wrapped in a blanket.
- Parent will stand in the middle of the scale, feet slightly apart (on the footprints, if marked), and to remain still. Parent's clothing must not cover the display. Parent stays on scale.
- With parent still on the scale and weight displayed, tare the scale. The scale is tared when it displays the number 0.0.
- Place undressed baby in hands of parent and parent will stay still.
- The baby's weight will appear on the display. Record this weight.

*Note: If a parent is very heavy (e.g. more than 100 kg) and the baby's weight is relatively low (e.g. less than 2.5 kg), the baby's weight may not register on the scale. In such cases, have a lighter person hold the baby on the scale.*

#### If scale does not have tare feature:

- Record weight of parent alone on scale (A)
- Record weight of parent and baby both on scale (B)
- Baby's weight = B minus A

