

INSTRUCTIONS

STEP 1

Set scale on a flat surface and plug it in.

STEP 2

Press the "ON/ZERO" button and wait until a "0" appears on the screen.

STEP 3

The arrow on the screen should point to "g," indicating the weight measurement in grams. If arrow points to "lb • oz," change switch on top or side of scale to "g".

STEP 4

Place your baby on the scale. Hold one hand above your baby: it is important not to touch your baby at this time. Wait until the weight stops fluctuating and the "LOCK" arrow on the screen is activated. This is your baby's before weight.

STEP 5

While the before weight is displayed, press the "WEIGHT ENTRY" button to program the before weight into the scale's memory.

STEP 6

Remove your baby from the scale and begin breastfeeding. Do not turn off the scale while you nurse.

STEP 7

After breastfeeding, press the "ON/ZERO" button and wait until a "0" appears in the screen. Place your baby on the scale and wait until the weight stops fluctuating. This is your baby's after weight.

STEP 8

Remove your baby from the scale, press and hold the "WEIGHT GAIN" button and the scale will calculate your baby's milk intake (in milliliters); the result will appear on the screen.

30 mL/g =
1 oz

GUIDE TO YOUR

baby scale

AND WEIGHTED FEEDS



WHAT'S INSIDE

- Intake and Weight Gain Goals
- Weighting Feed Tracking Sheet
- Detailed Scale Instructions

24 HOUR INTAKE GOAL

2-3 oz per pound of
body weight
(most infants max out at
about 36 oz.)

WEIGHT GAIN GOALS

5-7 oz per week before
6 months
(Slower gain acceptable
after 6 months or
mobility)

NEED HELP? WE'RE HERE FOR YOU

Call, email, or request online:

- Virtual & In-Store Lactation Consultations by Appointment
- FREE In-Store Weight Checks (currently by Appointment)

| DATE | TIME | NAKED WEIGHT (lb,oz) | BEFORE WEIGHT (grams) | AFTER WEIGHT (grams) | WEIGHT GAIN (grams) |
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