NHS
West Midlands
Neonatal Operational Delivery Network

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Weighing babies and children at home

Monitoring your baby's growth is an important part of your clinic review. If you can't get your baby weighed by your Health Visitor or neonatal outreach team then you can weigh your baby at home ready for your baby's telephone review.

*Please weigh your child in kilograms (Kg)

Baby scales

How to do it

- Always place the scales on a flat, non-carpeted, surface ideally on the floor, e.g. Bathroom or kitchen floor.
- Weigh naked, or set to zero after weighing a clean nappy and cloth, and then place child on the scales
- Write the weight down ready for your review

Eg. £22 on Amazon

Electronic luggage scales

Eg. £6.50-£10 on Amazon

How to do it

- Weigh your baby strapped safely in a car seat, moses basket, or sling wearing a clean nappy only, raising the shortest distance from the ground. Write down weight.
- Weigh the car seat, moses basket or sling with a clean nappy. Write the weight down.
- Have these weights to hand when you call/are called by the dietitian/nurse or doctor.

Electronic bathroom scales

How to do it.

Babies.

- Weigh yourself holding a clean nappy. Write down weight.
- Weigh yourself, holding your baby wearing the clean nappy only. Write down weight.
- Please have these weights to hand when you call /are called by the dietitian/nurse or doctor.

How to do it.

Toddlers and children

- If possible, get your child to stand on the scales and record the weight.

OR

- If your child is unable (or will not) stand on the scales, please weigh yourself holding your child (in minimal clothing – no nappy/shoes/coat/jumper) and write down the weight.
- Weigh yourself alone, straight after and write down the weight.
- Have both of these weights to hand when you call/are called by the dietitian/nurse or doctor.

TIPS:

Before using the scales:

Check that the scales are weighing correctly. This can be done by getting a food item that has a weight on it, such as a bag of sugar, packet of butter, putting it on the scales and making sure that the scales are reading the same weight as that on the packet.