

Weight Gain for Infants

Age of Infant	Weight Gain and Milestones*
3 - 5 days of life	Weight loss less than 10% below birth weight
6 days - 13 days	Gaining weight of at least 1 ounce (28 g) per day on average
2 weeks	Back to birth weight
2 weeks - 2 months	7 - 10 ounces (196 - 280 g) per week
3 months	5 - 7 ounces (140 - 196 g) per week
4 months	4 - 6 ounces (112 - 168 g) per week
5 months	3 - 5 ounces (84 - 140 g) per week
6 months	2 - 4 ounces (56 - 112 g) per week
7 - 8 months	1.75 - 4 ounces (49 - 112 g) per week
9-12 months	1 - 3.25 ounces (28 - 91 g) per week

*Full term exclusively breastfed infants expected weight gain averages and milestones

Sources:

- World Health Organization (2009) Infant Growth Standards.
- Mohrbacher, Nancy (2020). Breastfeeding Answers.

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