

Using WHO UK Growth Charts 

**Early days**

- Some weight loss in early days is normal
- >10% weight loss from birthweight, and/or birthweight not regained after 3 week needs further assessment

**>3 weeks**

- A fall across **1** or more centile if birthweight <9<sup>th</sup> centile
  - A fall across **2** or more centiles if birthweight between 9<sup>th</sup> & 91<sup>st</sup> centile
  - A fall across **3** or more centiles if birthweight >91<sup>st</sup> centile
  - Current weight is <2<sup>nd</sup> centile
- Measure length, determine mid-parental height centile if possible
  - Plot growth on WHO UK growth chart

Explore feeding history - any clinical dehydration, jaundice, or sepsis concerns?  
**Consider investigations**  
**Refer to paediatrics**

**Clinical, developmental, and social assessment**  
Is there a concern? e.g. medical/physical condition or illness (or dehydration)  
Consider factors including preterm, neurodevelopmental concerns, and maternal depression/anxiety

**Detailed feeding/eating history:**  
Breast attachment/ bottle preparation  
Frequency, duration, quantity and tolerance  
Solid foods intake, type, timing, quantity and frequency  
Environment  
Parent-infant interactions  
Physical disorder (cleft palate, tongue-tie, inverted nipples)  
Consider Safeguarding  
*Consider direct observation by suitably trained professional and/or parents/carer to keep feeding or food diary*

**Consider investigating**  
e.g. for UTI or coeliac disease (if solids started) or as indicated by clinical assessment

**Provide feeding support**

- Establish **plan**, goals and review with parents/carers
- **Give simple advice** around managing any behavioural aspects
- Ensure parents/carers are given **advice on high calorie foods**

**Referral to Paediatrician / specialist services**

**Review: goals met? weight stabilised?**

**YES**

**Weight monitoring recommendations**  
Monitor weight/length but no more than:

- Twice a week if <1month • Fortnightly if 6-12 months
- Weekly if 1-6months • Monthly if >1year

- Support continuation of breastfeeding
- Consider high calorie infant formula: Suitable for infants up to 18months or 8-9kg
- Clear communication of goals, action and follow up plans
- Multidisciplinary assessment and support