

HOME MONITORING EDUCATION FOR PARENTS

WEIGHT CONVERSIONS AND CALCULATIONS

1 kg or kilogram = 2.2 pound

1 ounce = approximately 30 grams

1 kg = 1000 grams

.1 kg = 100 grams

.01 kg = 10 grams

.001 kg = 1 gram

3.25kg = 3250 grams

2.975kg = 2975 grams

weight on day #1 = 2.89kg

weight on day #2 = 2.91kg

2.91

-2.89

0.02 or 20gram weight gain

weight on day #1 = 3.31kg

weight on day #2 = 3.28kg

3.31

-3.28

0.03 or 30gram weight loss

NUTRITION AND GROWTH GUIDELINES

1cc = 1ml

1 fluid ounce = 30cc

A baby needs 100cc per kg of weight to be adequately hydrated. This means a 3.15 kg baby needs 315cc of fluid / day.

A full-term baby with no health problems typically gains 25-35 grams per day during the first months of life. A baby with severe congenital heart disease has a goal of gaining 15-20 grams/day during their first few months of life.

To gain 10-15 grams per day a baby needs to take in about 110-130 kcal/kg/day. We calculate this by knowing the ounces of intake, the calorie strength of the formula or breast milk, and the current weight of the baby. Babies who feed by mouth increase their intake as they grow to meet their needs. Tube fed babies need to have their volumes and/or calories increased about every two weeks to continue to reach their nutritional goals as they grow. Your Interstage Team will manage oral and tube feeding plans during the interstage period.