

Using [RCPCH/WHO UK Growth charts](#)

Early days

- >10% weight loss from birthweight, and/or
- birthweight not regained after 3 weeks
- Speak to [paediatrician](#)
- HV/MW to assess feeding/jaundice/wt loss

>3 weeks

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

Use clinical judgement

Clinical, developmental and social assessment

Is there a concern? e.g. medical/physical condition, dysmorphism, illness (or dehydration) or [social](#)

NO

YES

Primary care - Detailed feeding / eating history:

Breast attachment/ bottle preparation
 Frequency, duration, quantity and tolerance
 Solid foods intake, type, timing, quantity and frequency (excess juice or milk may cause reduced solid intake)
 Environment ?potential allergy
 Parent-infant interactions
 Physical disorder (cleft palate, tongue-tie, inverted nipples)
 Consider direct observation in BF clinic esp prior to formula supplementation. Parents/carer to keep feeding with food diary

Consider investigating

e.g. for UTI or coeliac disease (if solids started)
 Other ix only if indicated:
 FBC, U&E, LFT, Vit D, Ferritin, TFT, TORCH, Sweat test, immunoglobulins, genetics (if dysmorphic), metabolic screen

If failure of intervention in primary care/rapid weight loss/slow linear growth

Provide feeding support

- Establish **plan**, goals and review with parents/carers
- Give **simple advice** around managing any behavioural aspects ([Click here](#) for 'What can I do if my child won't eat' leaflet)
- Ensure parents/carers are given **advice on high calorie foods** ([Click here](#) for High energy diet for babies). Refer to dietician
- If bottle feeding, confirm taking 150ml/kg/day

Referral to

[Paediatrician / specialist services](#)

Review: goals met?

NO

YES

To ensure catch up growth and minimise excessive weight gain, monitor weight but no more than:

- Twice a week if <1month
- Fortnightly if 6-12 months
- Weekly if 1-6months
- Monthly if >1year
- Monitor height/length every 3 months

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

Click [here](#) for additional guidance