

Rate of Weight Gain

The rate at which you gain weight is important too. Weight gain is usually slow during the first three months. After this, your baby begins to grow more quickly. At this time, your rate of weight gain should be more rapid but gradual - about 3/4 to 1 pound (0.4 kg) per week. Talk to your health care worker about sudden weight gains or losses.

Check your rate of weight gain

Record your weight gain on this chart. If your weight gain falls between the two lines you are gaining a healthy amount of weight.

