



Norwood Home Surveillance Weight Conversions and Calculations

1 kg or kilogram = 2.2 lbs or pounds

1 oz or ounce = 30 g or grams

1 kg = 1000 g

0.1 kg = 100 g

0.01 kg = 10 g

0.001 kg = 1 g

3.2 kg = 3200 g

2.97 kg = 2975 g

To calculate weight change you need to subtract:

WEIGHT CHANGE	=	TODAY's WEIGHT	-	YESTERDAY's WEIGHT
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Example: Today - Yesterday

Weight today = 2.91 kg

Weight yesterday = 2.89 kg

Today = 2.91

-Yesterday = -2.89

0.02 = 20 gram **gain**

Weight today = 3.19 kg

Weight yesterday = 3.2 kg

Today = 3.19

-Yesterday = -3.20

-0.01 = 10 gram **loss**

Nutrition and Growth Guidelines

1 cc or cubic centimeter= 1 mL or milliliter

1 oz fluid ounce = 30 cc

A baby needs to drink 100 cc for each kilogram of body weight every day to stay healthy and hydrated. This means a baby who weighs 3.15 kg needs 315 cc of fluid every day.

A full-term baby with no health problems usually gains between 25 and 35 grams every day during the first few months of life.

A baby with severe congenital heart disease should gain between 10 and 15 grams every day during the first few months of life. To do this, he or she needs to take in between 110 and 130 calories for each kilogram of body weight every day. The number of calories your baby should eat depends on how many ounces of formula or breast milk the baby drinks, how many calories are in the formula or breast milk, and the baby's weight. Babies who use a bottle or breastfeed will drink more each day as they continue to grow. Babies who use a G-tube need to have the amount of fluid and/or the number of calories they are given increased about every two weeks as they continue to grow.