

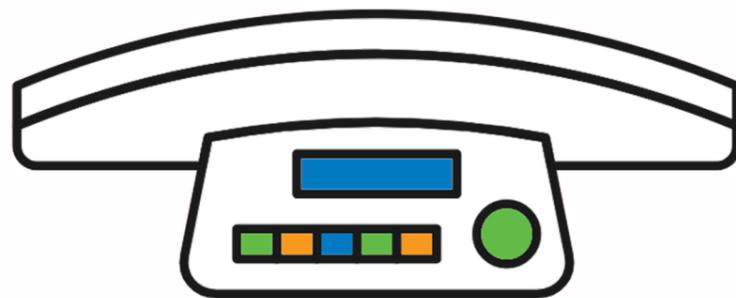
Weigh Your Baby Guide

Step by step video guide:

Scan here:

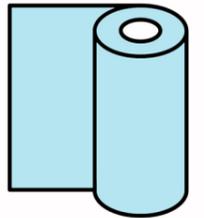


Use this link: bit.ly/self-weighing



JustoneNorfolk.nhs.uk/self-weigh

1. Before placing your baby on the changing mat, make sure there is a clean roll on the mat and scales.

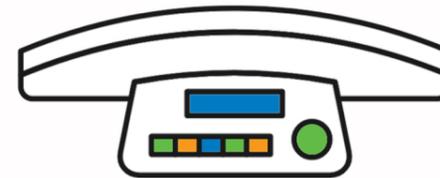


Start

2. Undress your baby. You can wrap them in a lightweight blanket or keep them in a dry nappy. Press the start button.

3. Wait for 0.00 to appear on the display. The scale is then set to zero.

0.000



4. Place your baby on the tray ensuring they lie as still as possible. (Your baby can sit if they are able to)

5. Take a note of the weight. Take your baby off the scales and dress them.



6. Turn to page 51 of your red book and record the date, your baby's age and weight.

7. Clean the mat and the scales with the antibacterial wipes or spray and remove any rubbish/nappies.



For help or advice call Just one Number 0300 300 0123