

Figuring out how much your baby weighs in pounds

Many small babies are weighed on a scale that uses grams and not pounds. Use this chart to figure out how much your baby weighs in pounds. First, find the number of grams that is closest to your baby's weight. Then read across to find the number of pounds your baby weighs.

If you want to know your baby's exact weight, take their weight in grams and multiply it by 0.0022. For example, if your baby weighs 950 grams, then you would multiply 950×0.0022 . Your baby's weight in pounds would be 2.09 pounds.

Ask your nurse if you're not sure about your baby's weight.



Your baby's weight in grams	Your baby's weight in pounds
454 grams	1 pounds
680 grams	1.5 pounds
907 grams	2 pounds
1134 grams	2.5 pounds
1361 grams	3 pounds
1588 grams	3.5 pounds
1814 grams	4 pounds
2041 grams	4.5 pounds
2268 grams	5 pounds
2495 grams	5.5 pounds
2722 grams	6 pounds
2948 grams	6.5 pounds
3175 grams	7 pounds
3402 grams	7.5 pounds
3629 grams	8 pounds
3856 grams	8.5 pounds
4082 grams	9 pounds
4309 grams	9.5 pounds
4536 grams	10 pounds
4763 grams	10.5 pounds
4990 grams	11 pounds
5216 grams	11.5 pounds
5443 grams	12 pounds