

Published based on [Causes of Infant Weight Gain](#)

# Causes of Infant Weight Gain

Infant weight gain pattern is a main concern for first time parents. The weight does not look to go after a set pattern and this can show to be very uncomfortable for parents. Slow or fast weight gains can guide to complicated health concerns and will need medical attention. Regular weight gain is usual and a healthy sign in a breastfeeding baby. If the weight gain is not according to the customary standards, the baby and the mother should ask a pediatrician and a lactation consultant, if desired. In most of the abnormal cases, the baby gains weight gradually than it is anticipated to.

The mother should keep on with the breast feeding even if the infant weight gain is poor. The poor weight can sometimes be just natural for the baby. Even otherwise, the problem can be treated easily with medical intervention. It is significant to maintain the breastfeeding on going if not the doctor instructs against it. Babies who are breast fed more often tend to grow faster.

An surplus infant weight gain is a more severe problem than the slow gain. It can guide to childhood obesity. Researchers have recognized the connection among rapid infant weight gain and childhood obesity. Childhood obesity can guide to severe health concerns which might get hard to tackle at a later point of time. Heavier infants also have an greater danger of wheezing and asthma later in their lives. There are a choice number of reasons why rapid infant weight gain could guide to asthma. Rapid Infant weight gain is confirmed to affect inflation and the capacity to fully expand the lungs. If the weight gain is found to be alarmingly overload, urgent medical intervention should be sought.

Naturally, infant weight gain should be about 800 grams per month. To ensure proper growth, ensure that the baby get ample amount of breast milk for the first four months. The baby can start taking small quantities of solid food after that. It is found that some babies are not set to take solid food till at least seven months and need exclusive breast feeding. This is due to the risk of juvenile diabetes. Rather than starting food other than breast milk, it is advised to contact the doctor and look for instructions.

If the baby is prepared to take solid food, start with cereals. There are prepared to serve cereals available in the market. Fruits and vegetables can also be given to supplement cereal ingestion and establish nutritional balance. Till the time the baby gets teeth, the food should be mashed thoroughly to aid easy digestion. There are also available several natural products in the market which aim the wellness of your child. [Herballife](#) is one such company which has its own range of products to maintain good health of children. These [Herballife Products](#) for children take care of offering your little one with the deficient nutrients keeping in mind that it still remains tasty and pleasing.

Baby's inherent metabolic system also plays a bigger role in determining the weight gain pattern. The body types differ due to heredity; and the calorie burn rate can differ accordingly. Thin babies have higher metabolic rates, and they normally grow taller but leaner. Babies with a lower rate of metabolism show the reverse pattern. These are normal weight gain behavior influenced by the inherited genes.

The action pattern of the baby can also have a huge impact on the weight gain. Babies that are energetic burn more calories and become thinner in turn. As conflicting to this, babies who are normally laid back or lame put on more weight. Weight gain in children is no problem, all that is needed is to manage it well!

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