

Small for Gestational Age (SGA)

This means that your baby's weight is in the lower 10% of all babies. Your baby is smaller than average for their number of weeks at birth. Around 10% of infants are "SGA". Most of the time, a baby's small size is found during pregnancy. Sometimes it is only found once your baby is born.

Baby weight can be caused by many factors including family background and what happens during your pregnancy. We decide whether a baby is SGA using their weight, sex, and age at birth. Babies who are small need to be watched a little more closely to make sure they are healthy and have no problems after they are born.

If your baby is SGA, you can expect these things after your baby is born:

- Stay in the hospital for at least 36 hours
- At least 8-9 blood sugar checks for your baby
- Lots of heart rate, temperature, and breathing checks for your baby
- Making sure your baby is eating well
- Daily weight checks for your baby

Questions from Parents:

Q: If my baby gets low blood sugar, how would you treat it?

A: We would give your baby breastmilk or formula. Your healthcare team may also decide to give a dextrose medication.

If you do not have enough breastmilk yet, formula and donor breastmilk are both feeding options. Ask your nurse about donor breastmilk.

Q: What if my baby is not feeding well? What if my baby loses too much weight?

A: Feeding your baby can be hard! It often gets better with practice and time. Ask your nurse to help you. If your nurse thinks you need even more help, we will have a lactation consultant come see you after your baby is 24 hours old. There are many ways to feed your baby. If you are interested in donor breastmilk, please speak with your nurse.

Q: What happens if my baby or I are having problems?

A: We may decide to keep you in hospital for a bit longer to make sure you and your baby are healthy or have a plan before you go home.