

# Recording Weights

As part of the Fit WIC Baby Behavior study your clinic will need to weigh approximately 55 6-month-old babies ( $\pm 2$  weeks) and complete the weight records provided. Each sheet contains 3 weight records. Please use the following steps:

1. Tell the caregiver that your clinic is participating in the Fit WIC Baby Behavior study. As part of the study, all 6-month-old babies are being weighed. The weights are confidential and no personal information is being recorded. After weighing the baby, the caregiver will receive a certificate of participation to take home.
2. Ask the caregiver to undress the baby down to just a diaper. If the caregiver is uncomfortable with this request, the baby may be undressed to just a diaper and onsie/T-shirt.
3. As the caregiver is undressing the baby, begin filling out the weight record. Fill in the date of the visit, circle the baby's gender and the primary language of the caregiver, and check off the clothing the baby will wear while being weighed. Ask the caregiver to provide the date of birth, birth weight, if it is her first visit to this WIC clinic, and the current feeding method.
4. Turn the scale on, place the drape over the scale, and set it to zero. Once the scale is set to zero, place the baby in the middle of the scale. Once the weight has stabilized (it will be flashing on the scale) record the weight on the form where it says "current weight."
5. After weighing the baby, thank the caregiver for participating. While the caregiver is dressing the baby, record the date and the baby's current weight on the certificate and give it to the caregiver to take home.

If you have any questions or concerns, please let us know. You can call us at XXX-XXX-XXXX or send us an email at xxxx@xxxx.