

Nottinghamshire

Children's Centre Service



Self-weigh Sessions

Booking required (0115 9773 749) as places are limited.

Keyworth Health Centre

Alternate Monday's
1-2:30pm.
Starting on
10th January 2022

Bingham Children's Centre

Alternate Wednesday's
9am-12noon.
Starting on
5th January 2022

Cotgrave Health Centre

Alternate
Wednesday's
1-2:30pm.
Starting on
5th January 2022

West Bridgford Young Peoples Centre

Every Thursday
1-3pm.
Starting on
6th January 2022

WHO Guidelines (WHEN TO WEIGH YOUR BABY)

1. After first week and once feeding is established, babies usually need to be weighed only at the time of routine immunisations ... 8, 12, 16 weeks and age one year
2. Where closer monitoring is required, babies should be weighed no more than:
 - 2.1. once a month before 6 months
 - 2.2. once per two months aged 6 – 12 months
 - 2.3. once per 3 months over one year

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**...giving children
the best start**



**Nottinghamshire
County Council**