

# Small for Gestational Age (SGA) Babies

**Remember to immunise your baby as he/she grows and develops into a healthy child.**

Immunise at 6 weeks; 3 months; 5 months; 15 months; and 4 years.

If you are unsure talk to your family doctor or practice nurse.

## Useful contacts

Labour and Birthing Suite

**307 2888**

Community Midwifery team

**623 6455**



## Further information

### Information Centre

The Women's Health Information Unit on level 9 of the support building of National Women's has information on pregnancy and childbirth as well as on a range of other health matters.

Requests for information can also be made by phone 307 4949 ext 25678, or email [HIWS@adhb.govt.nz](mailto:HIWS@adhb.govt.nz)

### National Women's Web Site

Additional information about National Women's and its services can be found on our web site

[www.nwhealthinfo.co.nz](http://www.nwhealthinfo.co.nz)

We also have a dedicated A-Z Fact Sheets list with more in depth information on the topics mentioned in this brochure.

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## Small for Gestational Age (SGA)

Some babies do not grow in pregnancy as expected. This is called **Small for Gestational Age (SGA)**. Sometimes this is normal. Other times it is because the placenta (the part that supplies food and oxygen to the baby) is not working as well as it should.

It is good that we have detected this because small babies have a higher risk of problems during pregnancy. We will work together with you and your Lead Maternity Carer (LMC) to increase the checks we do on you and your baby.

**Please pay close attention each day to your baby's movements.**

The pamphlet in your folder

["Pregnancy – your baby's movements and what they mean"](#) will help you understand why this is important.

## When should my baby be born?

Research has shown that small babies do best when they are born **between 38 and 40 weeks**. Sometimes delivery is recommended before 38 weeks.

**Your specialist will recommend the best time for your baby to be born.** If you have not gone into labour by this time, we will plan to start your labour by using medical treatments. This is called an Induction of labour.



## Labour and Birth

Please contact your midwife and come into hospital as soon as your labour starts or your waters break. Some small babies do not cope with labour as well as normally grown babies, so we will watch the heart beat carefully. Your baby may need extra checks or even a caesarean.

## The Newborn

Small babies may have these problems:

- **Low blood sugar** – so you need to feed your baby in their first hour of life, and your baby will need tiny blood tests to check their sugar level. Breast milk is the best food for small babies.
- **Getting cold** – so they may need an incubator
- **Jaundice (yellow colour)** – so they may need to lie under a special light

Some small babies may need to be assessed by our baby doctors and sometimes be admitted into the Neonatal Intensive Care Unit (NICU).

Your baby will need to stay with us until all the checks have been done. Sometimes they may even need to stay longer than you do!

## Your next pregnancy

You may have an increased chance of having another small baby in your next pregnancy. Please see your GP or book with a midwife as soon as possible when you know you are pregnant, so they can ask early for specialist advice.