



## Small For Gestational Age Infant



### ■ What is small for gestational age (SGA)?

Small for gestational age refers to a baby born of a smaller size relative to their gestational age.

Specifically, the term is used for those born smaller than 90% of their peers born at the same number of weeks of pregnancy.

### ■ What causes SGA?

Some babies are born small because their parents are small. Others are born small as they have not received enough nutrients to grow as expected during pregnancy due to many reasons.

A few reasons are listed below:

- Mother: High blood pressure, chronic kidney disease, smoking or alcohol use
- Placenta: Decreased blood flow to the placenta from the mother
- Fetus: Multiple pregnancies (twins/triplets), infection, genetic abnormality

### ■ What additional problems do SGA babies face?

SGA babies may be more at risk for several issues, including:

- low body temperature
- low blood sugar
- higher jaundice levels

### ■ What is the long-term outcome of babies with SGA?

Several factors may affect your baby's long-term outcome, including the timing, duration, and reason for being small, as well how well the baby was during and after birth.

Regular follow up at the nearest health facility for growth and neurodevelopmental assessment is required for a good outcome.



## ■ Is extra care required for your baby with SGA?

Mothers need to be actively involved in their baby's care. Typically, babies feed at an interval of 2-3 hours.

It is important to breastfeed your baby as and when required, especially with hunger cues. Feeding interval should not stretch beyond 3 hours for the first 2-3 months of life. Monitor urine and stool output as an indicator of the adequacy of feeds. Watch for low blood sugar symptoms, which include poor activity, abnormal movements of extremities, incessant crying, staring look, etc. Seek medical advice as soon as possible.

If you feel you have insufficient breast milk, please contact our lactation services for advice by scanning the QR code.

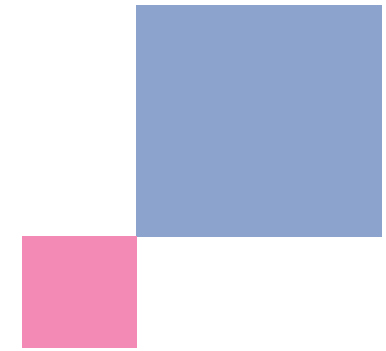
Refer to the brochure on "Breastfeed – Give your child a head start".

In order to have a smooth transition of glucose control, all SGA infants blood glucose will be monitored for 36 hours of life in the hospital.

Some of these babies may need additional tests to work up for the cause of SGA.

Observe for jaundice. Doctors in Polyclinic or KKH jaundice clinics will review all newborn infants at risk of neonatal jaundice. Adequate feeding facilitates the clearance of jaundice.

Keeping your baby warm is vital to facilitate growth. You can keep your baby warm with skin-to-skin care and keep baby comfortable with swaddling using a baby bonnet and mittens.



Scan to download the online guide on breastfeeding

### Useful telephone number

Central Appointments	6294-4050
Lactation Services	6225-5554



KK Women's and  
Children's Hospital

SingHealth

100 Bukit Timah Road  
Singapore 229899  
Tel: 6-CALL KKH (6-2255 554)  
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