

Breastfeeding

- Breastfeeding has health benefits for you and your baby
- Breastmilk contains everything your young baby needs and keeps your baby strong.
- Breastfeeding can help you return to a healthy weight after pregnancy
- Breastmilk can help reduce babies' chances of diabetes in the future
- Talk to your clinic staff if you are having troubles breastfeeding



Healthy Weight

- It is important to stay in a healthy weight especially after pregnancy
- Make small changes whenever you can by choosing fruit and vegetables
- Drink plenty of water and avoid sugary drinks
- Be active everyday e.g. 30 minutes walking or busy yardwork

Smoke Free

- Smoking can make you and baby both sick
- Quitting the smokes is best for your health and the health of your children
- Talk to your clinic staff for some help and advice about ways to quit
- You can also call the Smoking Quitline number on 13 78 48 for advice



Contraception

- If you had diabetes when you were pregnant, it is important to be healthy if you decide to have another baby
- Having some space between pregnancies allows your body to heal
- Your clinic staff can discuss ways to plan for your next pregnancy and which methods of contraception will work for you

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DEADLY STRONG MOTHERS

AFTER A PREGNANCY WITH SUGAR DIABETES



It is important for mothers to be healthy after a pregnancy with diabetes. This can be hard when you are already looking after a baby. This brochure has information about the best ways to look after yourself, with the help of your clinic staff.

Diabetes in pregnancy

Which type do I have?

type 2 diabetes

OR

gestational diabetes

Type 2 diabetes

You might have had type 2 diabetes before you were pregnant. This type of diabetes needs to be regularly managed even when you are not pregnant. Many people with type 2 diabetes need injection or tablet medication keep their sugar levels normal.

Gestational diabetes

Or, you might have been diagnosed with gestational diabetes during pregnancy. This type of diabetes stops when the baby is born. However, it puts you at a greater risk of type 2 diabetes in the future.

It is important to look after yourself after a pregnancy with sugar diabetes.

Here are 5 key ways:



Sugar checks

Type 2 diabetes:

- Blood sugar monitoring to check your levels
- Taking your diabetes medication, even when breastfeeding
- Your clinic staff will explain how often to have your insulin and/or medication

Gestational diabetes:

- When your baby is 6 weeks old, it's a good time to get their health check and you to have a test (sweet drink)
- This test is important because it shows if you still have sugar diabetes after your pregnancy
- If your test results are normal, the clinic staff will continue blood sugar screening every year at your check-ups



Illustrations created throughout by digital artist Charlotte Allingham, a young Wiradjuri woman living in inner Naarm (Melbourne).

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