

## 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



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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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