

Gestational Diabetes



Info, support, and resources for **new** and **soon-to-be** Aboriginal and Torres Strait Islander dads.







If your partner has been diagnosed with **gestational diabetes**..






Gestational Diabetes means mums blood sugar is very high during pregnancy.

Here is how you can help...

-  Yarn with her about making healthy and balanced food choices.
-  Support her to monitor her blood sugar levels.
-  Walk together - it's deadly for managing blood sugar.
-  Stay calm and encouraging if she needs insulin... It's a normal treatment.

Your support matters.

-  Be **supportive** and let her know she's not in it **alone**.
-  **Listen** up and give her plenty of encouragement - it **matters**.
-  You gotta look after **you**, too. Ask for **help**.



SMS4dads

Free mental health yarns, deadly tips, and support created for Aboriginal and Torres Strait Islander dads.

SMS4DeadlyDads.com





There are **more** ways
we **support** dads...

You **may** find our **other**
resources helpful...



SMS4DeadlyDads DL Flyer



Want to be a Deadly Dad? Poster



SMS4DeadlyDads Poster



Info for Mums about New Dads

SMS4DeadlyDads creates **resources** that **help** dad
through **pregnancy, birth,** and the challenges of **early**
parenthood.

Supported dads create more **resilient bubs** and **healthier families.**



Scan the QR Code to **access**
our full range of **resources** or
sign up to **SMS4DeadlyDads**

