

# Gestational Diabetes

**SMS4dads**  
Info, support, and  
resources for **20,000+** new  
and soon-to-be dads in  
**Australia**





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...

-  Help her eat healthy and balanced meals.
-  Encourage her to monitor her blood sugar levels.
-  Get active... Together! Walking can manage blood sugar.
-  Stay calm and encouraging if she needs insulin injections - it's a common treatment!

## Your support matters, dad.

-  Your **encouragement** makes a **big** difference.
-  **Help** her make healthy **choices**.
-  **Ask** her about what **support** she needs.



**SMS4dads**

Simple support, resources, and  
mental health check-ins when dads  
need it most.



[SMS4Dads.com](https://SMS4Dads.com)



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

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



Dads and Pregnancy



Speaking for the Baby



Info for Mums about Dads



Info for Dads with a bub in the NICU

SMS4Dads 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 SMS4Dads

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