



Breastfeeding Education Topics

Breastfeeding with Diabetes

Am I able to breastfeed my baby if I have diabetes (Type 1, Type 2 or gestational)?

Yes, you can! Breastfeeding has a positive effect on a mother's insulin response. For Type 1 mothers, breastfeeding can decrease their need for insulin while they are breastfeeding. Moms with Type 2 diabetes may find they need less hypoglycemic medications during their breastfeeding journey. It is important to continue to take care of yourself and follow your plan outlined by your healthcare provider, especially during the early weeks after you give birth to your newborn.

Take care of yourself, as your blood sugar may fluctuate while your breastfeed.

- ✓ Eat a snack with carbohydrate and protein before or while breastfeeding
- ✓ Keep something to treat low blood glucose in the places where you breastfeed in case you need them
- ✓ Talk to your healthcare team about developing a meal plan to help you achieve stable blood sugars.
- ✓ Drink enough fluids. Keep a bottle or large glass of water near where you breastfeed your baby

What to expect after your baby is born?

After birth, to ensure that your newborn's blood sugars remain stable the hospital staff will regularly test your baby's blood sugar for 12 or 24 hours, depending on your unique circumstances. Breastfeeding and/or providing your expressed breastmilk to your baby is a high priority, as breastmilk can help to stabilize their blood sugar. Your nurse will explain when their blood sugars will be checking and want to observe you breastfeeding your infant to ensure they are effectively transfer.

A few of the best ways to encourage breastfeeding success is to follow your infant's feeding cues and have them close to you. Your baby will room in with you during your hospital stay so you are able to learn how your baby shows feeding cues and bring them to the breast as soon as possible. Holding your diapered baby skin-to-skin with you also allows your baby's blood sugar to stabilize, as well as, help you learn your babies feeding cues.

Skin-to-skin and breastfeeding go hand in hand to support stable blood sugars for your infant and increase you breastfeeding success!

