



Pregnant? Diabetes? Your guide to breastfeeding



**Australian
Breastfeeding
Association**

ABA is here to support you

If you have type 1 or type 2 diabetes or you have been diagnosed with gestational diabetes during pregnancy, you may be wondering if breastfeeding is possible. Understanding your diabetes and getting the right information and support, will help you to reach your breastfeeding goals and we're here to help you every step of the way!

Article: *Breastfeeding and diabetes – type 1, type 2 and gestational diabetes*

Get practical tips for preparing for birth and establishing breastfeeding and explore the physical and emotional impact of breastfeeding and diabetes.



Read now

[aba.asn.au/
diabetes](http://aba.asn.au/diabetes)

The first 72 hours

Virtual Village

[aba.asn.au/
first72hours](http://aba.asn.au/first72hours)

FREE for **ABA Virtual Village** **24/7 Breastfeeding and Diabetes Module** members

Access our 24/7 breastfeeding and diabetes module made for expectant mums with diabetes. Hear from mums with lived experience and get information and support for getting breastfeeding started and overcoming potential challenges associated with having diabetes.

- Preparing for birth with diabetes
- Expressing breastmilk, including antenatal expressing
- How breastfeeding works
- Breastfeeding situations diabetes can impact

Get access

aba.asn.au/access

ABA Virtual Village is just a click away

Access a world of online breastfeeding and parenting support and resources to empower your journey. Connect from the office, the hospital or the comfort of home.

Experience convenience and connection with live online sessions, personalised app notifications, local meet-ups, exclusive discounts and access to member-only resources.

Pregnancy

Virtual Village

Explore

aba.asn.au/diabetes-module

1800mum2mum
Breastfeeding Helpline 1800 686 268

LiveChat
Breastfeeding info with ABA

aba.asn.au/chat

Connect with local mums

aba.asn.au/connect

The National Breastfeeding Helpline is supported by funding from the Australian Government.

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Access our 24/7 Breastfeeding and Diabetes Module

aba.asn.au/diabetes-module