

KEEPING STRONG AND HEALTHY AFTER A PREGNANCY WITH DIABETES. REMEMBER THE KEY 5!

1. GLUCOSE CHECKS



1 GLUCOSE CHECKS

2 BREASTFEEDING

3 HEALTHY WEIGHT

4 SMOKE FREE

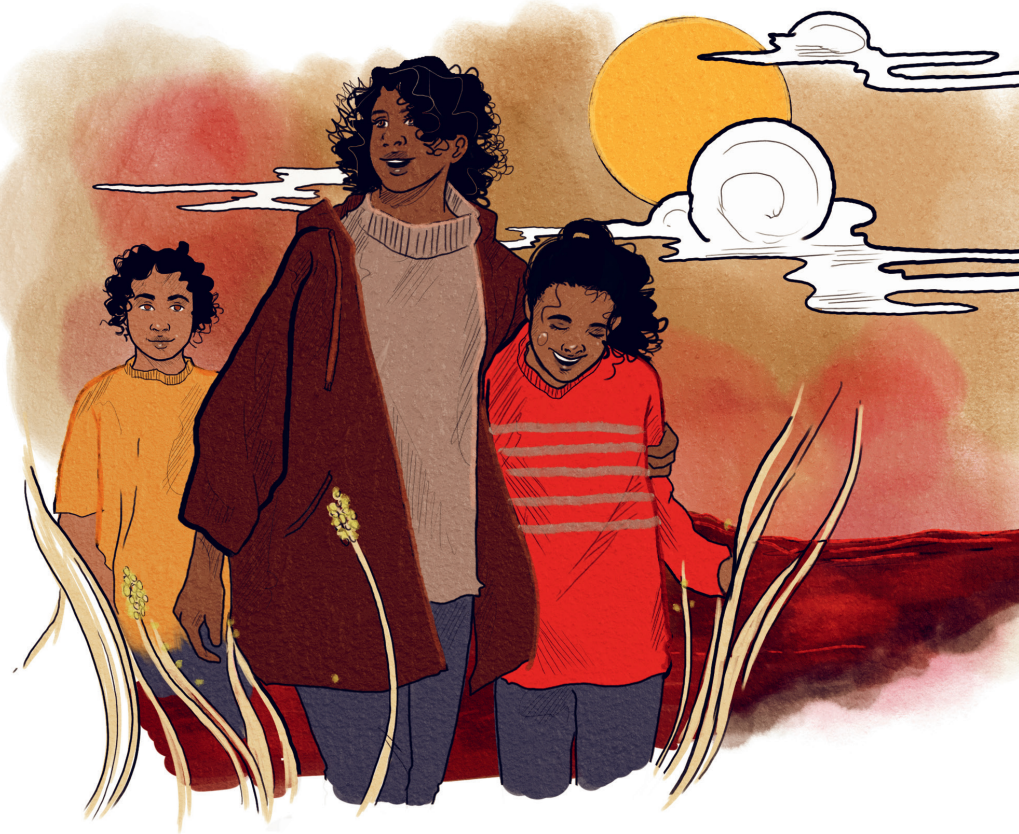
5 CONTRACEPTION



2. BREASTFEEDING



3. HEALTHY WEIGHT



4. SMOKE FREE



5. CONTRACEPTION

