

**We have a program at Sunnybrook  
for Women with Diabetes who are  
planning to breastfeed and it  
includes:**

- Breastfeeding Clinic appointment before giving birth
- Early and frequent skin-to-skin contact with your baby
- Hand expressing often
- Giving colostrum(breast milk) to your baby early and often
- Breastfeeding support before going home
- Breastfeeding clinic appointment on day of discharge



The International Breastfeeding Symbol (2015). Retrieved from <http://www.breastfeedingsymbol.org/>.

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**Breastfeeding Clinic**

**416.480.5900**

[www.sunnybrook.ca](http://www.sunnybrook.ca)

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Ontario's maternal, newborn and early  
child development resource centre  
Centre de ressources sur la maternité,  
les nouveau-nés et le développement  
des jeunes enfants de l'Ontario

*This document has been prepared with funds provided by the  
Government of Ontario and the support of the Best Start Resource  
Centre at Health Nexus.*

*Fully affiliated with the University of Toronto*



**Sunnybrook**  
HEALTH SCIENCES CENTRE

when it matters  
**MOST**

# **BREASTFEEDING SUPPORT FOR WOMEN WITH DIABETES**

Sunnybrook Health Sciences Centre

2015



**Sunnybrook**  
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## Overview

This pamphlet is for women who have diabetes and plan to breastfeed. It covers information including the benefits of breastfeeding for mothers and babies and techniques to initiate breastfeeding and increase milk supply.

## Diabetes

Diabetes occurs when there are high sugar levels in the blood. Women who develop diabetes in pregnancy are at an increased risk of having diabetes in the future. Infants born to women with diabetes are at an increased risk of having low blood sugars after birth.

## Benefits of Breastfeeding for Mothers

Breastfeeding may reduce your risk of developing diabetes later in life.

## Benefits of Breastfeeding for Babies

In the early postpartum period, breastfeeding and holding your baby skin-to-skin may improve your baby's blood sugar levels. Breastfeeding and giving colostrum early may protect your baby from developing obesity and diabetes in the future.

## Skin-to-Skin

Place your baby naked or dressed only in a diaper upright against your bare chest as much as possible.

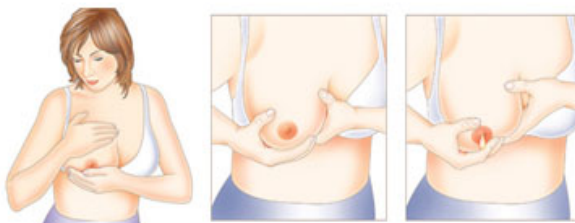


### Benefits of Skin-to-Skin for Babies:

- Stabilizes your baby's blood sugar levels
- Your baby stays warm
- Your baby breastfeeds sooner and longer
- Your baby may cry less
- Your baby may become calmer

## Hand Expressing

Hand expression is a simple technique used to manually remove the early breast milk/colostrum from the breast. Hand expressing is very easy and takes only a few minutes. Hand expressing breast milk every hour for the first 12 hours after giving birth will help increase your milk supply. This technique is more effective at removing milk than breast pumps in the first 24 hours after giving birth. After 24 hours, a breast pump can be used if your baby is not latching well.



Mums world (2013). Expressing breast milk. Retrieved from <http://mumsworld2011.blogspot.ca/2013/02/expressing-breast-milk.html>.

## Collecting Colostrum (breast milk)

You can collect your colostrum on tiny spoons or in small cups and give this milk to your baby at every feeding. Breast milk will transition from yellow to white with time.



Pinterest(2015). Little White Spoons. Retrieved from <https://www.pinterest.com/wrapwithlove/gifts-for-entertaining>.

PlasticMedicineCup(2015). Retrieved from <http://myhomemedsupplies.com/non-sterile-graduated-plastic-medicine-cups-1.html>.

## Laid-Back Breastfeeding

The laid-back position is a new position that can help you breastfeed. This position may trigger reflexes that help babies latch on to the breast.



Baby Center (2014). Good positions for breastfeeding. Retrieved from <http://www.babycenter.ca/a8784/good-positions-for-breastfeeding>.

## Baby Feeding Cues

Watch your baby for early feeding cues. It is easier to breastfeed when your baby is showing early cues compared to late feeding cues.



State of Queensland (Queensland Health) (2012). Baby Feeding Cues (Signs). Retrieved from <http://kemh.health.wa.gov.au/services/breastfeeding/feeding-cues.htm>. Women's and Newborn Services, Royal Brisbane and Women's Hospital.