



## Getting Through The First Few Weeks and Months

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I'm a mother too and I know in those first few weeks after pregnancy it's really hard to focus on anything other than your new baby. It's especially hard for first time moms. You probably feel like you have no time to sleep, no time to eat, no time to prepare a healthy meal. When are you going to go out for a walk? You can barely step out the door. Those first few weeks are tough. It will get better. It will get easier.

You may have to seek support and help from family, friends, your partner, your neighbors, just to have company or to have someone who can look after the baby for a little while so you could go out for that walk. To have some homemade meals on hand to maybe prepared by a friend so you don't have to think about cooking all the time. But it will take some extra planning and things will be more difficult in those first few weeks. As the baby gets older, as you start to adapt, it should become easier.

By the time you get to around 3 months after the baby's born it becomes important to make sure that you take the time to do a special blood test to see, to really make sure, that you don't still have diabetes and to determine your future risk. So you will be asked to do you another sugary drink test just like you did during your pregnancy to diagnose gestational diabetes. The results of that test will tell you and your health care provider how often you need to be monitored for the development of diabetes. So that is important and that's a task that many women delay doing but the sooner you know the situation the better for you and your family.