



# Visuals



## Listing of Visuals Provided

### Session 1: Pregnancy, Diabetes and You

- #1 Feelings Faces
- #2 Gestational Diabetes: How to Have a Healthy Baby\*
- #3 Native Americans and Gestational Diabetes
- #4 Diagnosing Gestational Diabetes
- #5 Target Blood Sugar Goals for Pregnancy
- #6 So Many Blessings
- #7 Changes I Can Make

### Session 2: Healthy Eating During Pregnancy

#### **Section 1:**

- #1 Carbohydrate Foods: What are They? How Do They Affect My Blood Sugar?
- #2 Gestational Diabetes: How to Have a Healthy Baby\*
- #3 Healthy Food Choices for Pregnancy and Diabetes
- #4 Healthy Eating Pattern for Pregnancy and Diabetes
- #5 Changes I Can Make

#### **Section 2:**

- #6 Baby Growing
- #7 What Can I Do About Nausea? Constipation? Heartburn?
- #8 Sugar Substitutes During Pregnancy

### Session 3: Moving to Stay Healthy During Pregnancy

- #1 Tips for Safe Physical Activity During Pregnancy
- #2 Taking Care of Yourself by Walking\*
- #3 Gestational Diabetes: How to Have a Healthy Baby\*
- #4 Changes I Can Make

\*Denotes material available from IHS-DDTP

See *BYLD*, pp. 228-229, for IHS National Diabetes Program Publications Order Form, or go to [www.ihs.gov/medicalprograms/diabetes](http://www.ihs.gov/medicalprograms/diabetes)



### **Session 4: Medicine During Pregnancy**

- #1 Insulin Needs During Pregnancy
- #2 Gestational Diabetes: How to Have a Healthy Baby\*
- #3 Pregnancy Medicine Sheet
- #4 So Many Blessings
- #5 Changes I Can Make

### **Session 5: Blood Sugar Monitoring**

- #1 Healthy Behaviors: Blood Sugar Monitoring During Pregnancy
- #2 Gestational Diabetes: How to Have a Healthy Baby\*
- #3 Target Blood Sugar Goals for Pregnancy
- #4 My Prenatal Record Book\*
- #5 Sample Diabetes Record for Pregnancy (blank)
- #6 Sample Diabetes Record for Pregnancy (with data)
- #7 Changes I Can Make

### **Session 6: Staying Healthy During Pregnancy**

- #1 Target Blood Sugar Goals for Pregnancy
- #2 Gestational Diabetes: How to Have a Healthy Baby\*
- #3 Staying Healthy With Gestational Diabetes
- #4 Staying Healthy With Pre-gestational Diabetes
- #5 Taking Care of Your Kidneys
- #6 Urine Ketone Testing
- #7 Gestational Diabetes Checklist
- #8 Pre-gestational Diabetes Checklist
- #9 Baby Growing
- #10 Kick Count
- #11 Changes I Can Make

### **Session 7: Staying Healthy After Delivery**

- #1 Insulin Needs During Pregnancy
- #2 Target Blood Sugar Goals
- #3 After Your Baby is Born—Pre-gestational Diabetes
- #4 Native Americans and Gestational Diabetes
- #5 After Your Baby is Born—Gestational Diabetes
- #6 An Easy Guide to Breastfeeding for American Indian and Alaska Native Families\*
- #7 Changes I Can Make

