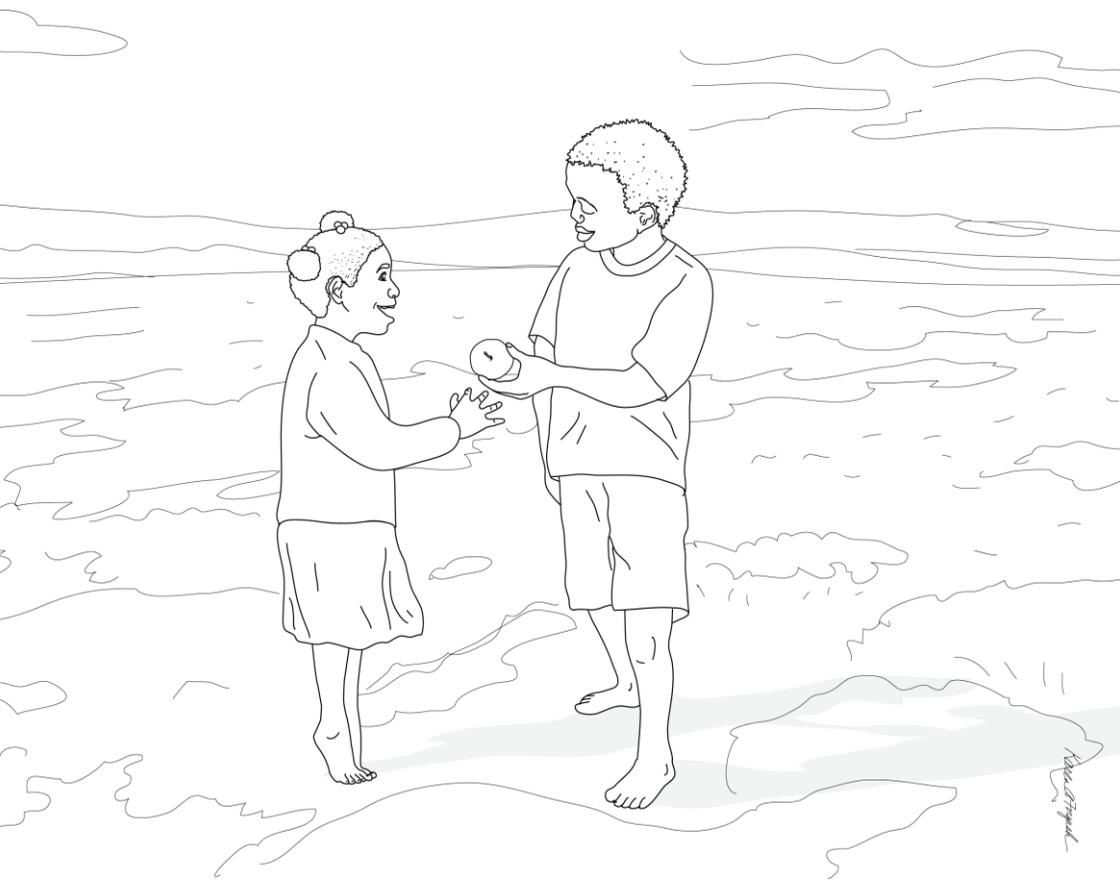


# Living a Life of Health.....'s plan

## Cue Cards for Healthcare Workers



## Instructions for Healthcare Workers

The purpose of these *Cue Cards for Healthcare Workers* is to provide you, the healthcare worker, with guidance on supporting caregivers to discuss HIV with their HIV-infected children. These *Cue Cards* are designed to be used as a job aid along with the companion booklet, *Living a Life of Health*. You may find it helpful to read from these *Cue Cards* while the caregiver(s) follows along using their copy of the booklet.

*Living a Life of Health*, is the third in a series of three booklets. *Living a Life of Health* was written to facilitate discussion between caregivers and their children with HIV around living with HIV. It provides caregivers and children an opportunity to discuss living with HIV (now that the child knows that she/he is HIV-infected) and communicates important messages around living positively.

Each page of *Living a Life of Health* is re-printed in the table that starts on the next page under the column entitled “Booklet content”. The column on the right, entitled “Objective of this page is to....Possible discussion points” summarises the objective of each page along with possible discussion points and common questions from children.

When you are going through the booklet with the caregiver, read all of the words to make sure that the caregiver understands and will be able to read the story to their child.

Additional guidance on disclosure for healthcare workers, including responses to the common questions listed in the table below, can be found in *HIV Disclosure in Children — A Practical Guide*.

# Booklet Content

	Booklet content	Objective of this page is to.... Possible discussion points
Cover	 <p style="text-align: center;"><i>Living a Life of Health</i> -----'s plan</p>	<p><b>Introduce the picture booklet and review the cover.</b></p> <p><b>Discussion points:</b></p> <ul style="list-style-type: none"> <li>▪ As your child is getting older, it is important to get her/him to take more responsibility for taking medicines.</li> <li>▪ When you think that your child is beginning to feel comfortable talking about HIV, you may want to use this, the third picture booklet.</li> <li>▪ This booklet will support you to talk to your child about how she/he is feeling and to help her/him feel more comfortable living with HIV.</li> <li>▪ Record your child's name in the space provided on the cover.</li> </ul>

	Booklet content	Objective of this page is to.... Possible discussion points
Page 2	<p style="text-align: center;"><i>Living a Life of HIV</i></p> <div style="border: 1px solid black; padding: 5px;"> <p><b>A message for caregivers</b></p> <p>Telling your child about HIV may have been very hard to do. This booklet will help you to talk to your child after he or she has learned about having HIV. This book is just part of the normal talks you will have with your child. It can be used with children over eight years old. When you get ready to talk to your child, try to make sure that you are in a comfortable and private place. You may think that once you tell your child about HIV, that is the end of the story. But many times, children may have other questions that may come up after they have time to think about what they heard.</p> <p style="text-align: right;">Remember, it is ok if your child asks the same questions over and over again. It is ok if sometimes your child seems happy and then sometimes angry or frightened or quiet. All of these are normal feelings that most children go through after hearing about HIV. The most important thing is that you allow your child to ask questions and give them comfort when they need it. Also tell your child over and over again that HIV is not anybody's fault.</p> <p style="font-size: small;">The counsellors, nurses and doctors at the clinic will be there to help answer your questions and give you information if you need it.</p> </div> 	<p><b>Review “A message for caregivers”.</b></p> <p><b>Discussion points:</b></p> <ul style="list-style-type: none"> <li>▪ Read the booklet to your child when nobody else is close by. This booklet should seem to be part of your normal conversations with your child.</li> <li>▪ It is to be used with children over eight years old.</li> <li>▪ After your child has learned that she/he has HIV, matures and gets more comfortable living with HIV, she/he may have new questions. And sometimes she/he may ask the same things over and over again. This is normal — allow your child to do this.</li> <li>▪ Your child’s feelings and emotions about HIV may change from day to day. Sometimes happy, sometimes sad or worried.</li> <li>▪ Encourage your child to ask questions.</li> <li>▪ The way you manage the talks with your child will set the stage for future discussions and help her/him to be more comfortable living with the sickness. So it is important to be gentle and to listen to your child.</li> </ul>

	Booklet content	Objective of this page is to.... Possible discussion points
Page 3	 <p><i>Living a Life of Health</i></p> <p><b>I want to talk with you about how you are doing.</b> Do you remember the talk we had about HIV? Do you have any questions about anything we talked about? Can you talk to me about how you are feeling?</p>  <p>I want to talk with you about how you are doing. Do you remember the talk we had about HIV?</p> <p>Do you have any questions on anything we talked about? Can you talk to me about how you are feeling?</p>	<p><b>Ask about what they remember and how they are feeling.</b></p> <p><b>Discussion points:</b></p> <ul style="list-style-type: none"> <li>You will notice that this page, like others in this booklet, includes questions to encourage your child to talk about their feelings.</li> <li>This booklet provides the caregiver with a tool to encourage discussion. Take your time, go through the booklet at your/your child's own pace. Give your child time to answer the questions, even if it means that there are periods of silence.</li> </ul>
Page 4	 <p><i>Living a Life of Health</i></p> <p>Sometimes when children hear that they have HIV, they get frightened or angry.</p>  <p>Sometimes they may not want to talk anymore or play with their friends. All of this is ok.</p> <p>The most important thing is to talk to me or someone else you trust about how you are feeling.</p> <p>Sometimes when children hear that they have HIV, they get frightened or angry.</p> <p>Sometimes they may not want to talk anymore or play with their friends.</p> <p>All of this is ok. The most important thing is to talk to me or someone else you trust about how you are feeling.</p>	<p><b>Reassure the child that angry or frightened feelings are ok.</b></p>

	Booklet content	Objective of this page is to.... Possible discussion points
Page 5	 <p>Sometimes it may be hard to continue with school or other things after you hear about having HIV. But everything is just the same as before. The only thing is that now you know a little more about yourself.</p> <p>Sometimes it may be hard to continue with school or other things after you hear about having HIV.</p> <p>But everything is just the same as before. The only thing is that now you know a little more about yourself.</p>	<p><b>Reassure the child that everything is the same.</b></p> <p><b>Common questions:</b></p> <ul style="list-style-type: none"> <li>Why do I still have to go to school? (Response: For the same reason you had to go to school before you knew you had HIV and for the same reason that other children have to go to school — because you need to learn to read and write.)</li> </ul> <p><b>Discussion points:</b></p> <ul style="list-style-type: none"> <li>You might want to ask your child, for example, if she/he feels any different now that she knows she has HIV.</li> </ul>
Page 6	 <p>Tell me, how are things going for you at school? How are things going for you with your friends? Remember you can always come to talk to me.</p> <p>Tell me, how are things going for you at school? How are things going for you with your friends? Remember you can always come to talk to me.</p>	<p><b>Ask about how things are going.</b></p>

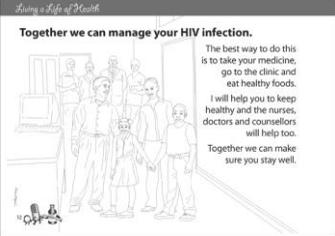
	Booklet content	Objective of this page is to.... Possible discussion points
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 7</p>	 <p>Do you remember the things we talked about that will help to keep you well? Can you tell me those things?</p> <p>Eating healthy foods, getting enough sleep, going to the clinic, and most important – taking your medicines every day.</p> <p>As you get older, it is important that you try to remember to take your medicines every day.</p>	<p><b>Discuss positive living.</b></p> <p><b>Discussion points:</b></p> <ul style="list-style-type: none"> <li>Again, encourage your child to live positively with HIV. People who live positively are more likely to take their medicines and more likely to live a relatively healthy and normal life than people who do not take care of themselves.</li> </ul>

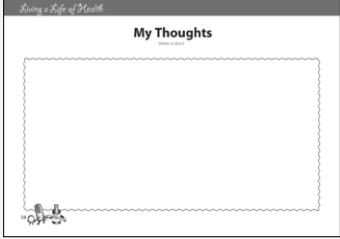
	Booklet content	Objective of this page is to.... Possible discussion points
Page 8	<p data-bbox="227 220 563 240"><i>Living a Life of Health</i></p> <p data-bbox="227 244 563 276"><b>Remember HIV is a sickness that is very hard to pass on to other people.</b></p> <p data-bbox="227 279 563 295">Do you remember those ways?</p> <div data-bbox="253 296 516 379">  </div> <p data-bbox="393 383 524 443">     When a baby is inside its mother.      From breast milk.      From blood.      From sexual relations.   </p> <p data-bbox="227 469 535 555">Remember HIV is a sickness that is very hard to pass on to other people.</p> <p data-bbox="227 603 546 635">Do you remember those ways?</p> <ul data-bbox="227 643 529 818" style="list-style-type: none"> <li>▪ When a baby is inside its mother.</li> <li>▪ From breast milk.</li> <li>▪ From blood.</li> <li>▪ From sexual relations.</li> </ul>	<p data-bbox="589 220 964 252"><b>Discuss how HIV is transmitted.</b></p> <p data-bbox="589 260 801 292"><b>Discussion points:</b></p> <ul data-bbox="589 300 964 1406" style="list-style-type: none"> <li>▪ Encourage your child to ask questions about HIV transmission. Correct any misunderstandings.</li> <li>▪ This page, like page 14 in booklet 2, brings up the issue of sexual transmission. Younger children may allow you to gloss over this point without question. But be sure to mention HIV transmission through sex in same way that is comfortable for you. The more comfortable you are talking about sex, the more likely your child is to come to you with her/his questions. These discussions are the foundation for communicating to your child your family values.</li> <li>▪ For older children (age 12 and older), this page provides an opening to discuss relationships. Do not miss the opportunity to stress that even if you have HIV you can still have a boy/girl friend.</li> <li>▪ Regardless of your message, it is important that young people understand (maybe not now, but before they start dating) that HIV infection brings with it the burden of ensuring that the virus is not further transmitted to anyone else.</li> </ul>

	Booklet content	Objective of this page is to.... Possible discussion points
Page 9	 <p>Remember, you cannot give HIV to anyone by touching them, hugging them, eating from the same plate, or using the same toilet.</p>	<p><b>Discuss how HIV is not transmitted.</b></p>

	Booklet content	Objective of this page is to.... Possible discussion points
<b>Page 10</b>	 <p>HIV is a private thing, so we do not want to tell everybody about it. Sometimes it might be hard to keep this secret.</p> <p>Has it been hard for you to keep from telling your friends?</p> <p>There are some safe people who it is ok to tell. Tell me who you might feel comfortable with.</p>	<p><b>Encourage her/him to identify a confidant.</b></p> <p><b>Common questions:</b></p> <ul style="list-style-type: none"> <li>▪ Can I tell my best friend that I have HIV? How about my other friends?</li> </ul> <p><b>Discussion points:</b></p> <ul style="list-style-type: none"> <li>▪ Discuss with your child who they can and should not tell about their HIV status.</li> <li>▪ The child's willingness to disclose to others will depend on their own adjustment to their diagnosis, their feelings about HIV, and their confidence in dealing with their confidant's reactions and questions (all of which will change over time). If your child wants to disclose to a friend, be sure they are prepared to answer the friend's questions and deal with their reaction.</li> <li>▪ If your child is a teen, you might even want to discuss when it is appropriate to disclose to a boy/girl friend.</li> <li>▪ Some children will need time to identify a person in whom they can confide. Allow them to take time.</li> </ul>

	Booklet content	Objective of this page is to.... Possible discussion points
<b>Page 11</b>	<div data-bbox="225 220 564 459" style="border: 1px solid black; padding: 5px;"> <p style="text-align: right; font-size: small;"><i>Living a Life of Health</i></p> <p><b>Have you told anyone about your HIV?</b></p> <p>What did that person say when you told them? Some people will be helpful to you when you tell them. Some people may be angry. In any case, you can always come and talk with me.</p>  </div> <p>Have you told anyone about your HIV?</p> <p>What did that person say when you told them?</p> <p>Some people will be helpful to you when you tell them. Some people may be angry. In any case, you can always come and talk with me.</p>	<p><b>Discuss disclosure to others.</b></p> <p><b>Discussion points:</b></p> <ul style="list-style-type: none"> <li>▪ See above.</li> </ul>

	Booklet content	Objective of this page is to.... Possible discussion points
Page 12	 <p>Together we can manage your HIV infection. The best way to do this is to take your medicine, go to the clinic and eat healthy foods.</p> <p>I will help you to keep healthy and the nurses, doctors and counsellors will help too. Together we can make sure you stay well.</p>	<p><b>Summarise the key messages in the booklet.</b></p> <p><b>Common questions:</b></p> <ul style="list-style-type: none"> <li>Why do I have to take my medicines every day, why not every other day? (Response: because the medicines stay in your body for about one day, then they disappear. If you take your medicines every other day, that means that every second day there would be no medicine left in your blood, so the HIV will have opportunity to re-gain strength and make you sick. If you take your medicine every day, you will make sure that there is enough medicine in your blood every day to fight HIV.)</li> </ul> <p><b>Discussion points:</b></p> <ul style="list-style-type: none"> <li>Again, take this opportunity to remind your child of the importance of living positively with HIV.</li> </ul>
Page 13	 <p>Do you have any questions? Remember you can always talk with me or with someone else you trust.</p>	<p><b>Ask if there are any additional questions.</b></p>

	Booklet content	Objective of this page is to.... Possible discussion points
Page 14	 <p>Living a Life of Faith</p> <p><b>My Thoughts</b></p> <p>My Thoughts (write or draw)</p>	<p>Provide the child with a way to express how she/he feels.</p>

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