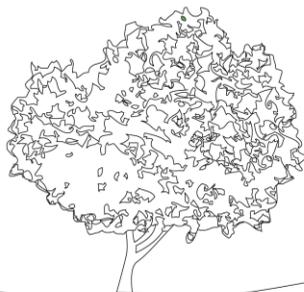
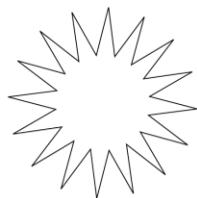


How to Keep _____ Healthy

(name of child)

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, *How to Keep ____ Healthy*. You may find it helpful to read from these *Cue Cards* while the caregiver(s) follows along using their copy of the booklet.

How to Keep ____ Healthy, was developed to help caregivers respond to questions posed by children with HIV who are still considered too young to fully appreciate their diagnosis. *How to Keep ____ Healthy* helps caregivers take the first step toward disclosure of HIV status to their children. *How to Keep ____ Healthy* is the first in a series of three booklets.

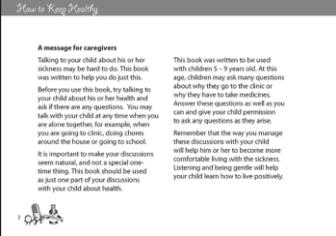
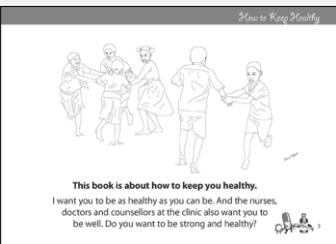
Each page of *How to Keep ____ Healthy* is re-printed in the table that starts on the next page under the column entitled “Booklet content”. The column on the right, entitled “Objective of this page is to.....Possible discussion points” summarises the objective of each page along with possible discussion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

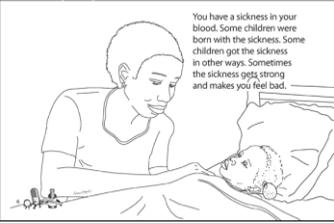
When you are going through the booklet with the caregiver, read all of the words to make sure that the caregiver understands and will be able to read the story to their child.

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>Introduce the picture booklet and review the cover.</p> <p>Discussion points:</p> <ul style="list-style-type: none"> ▪ When you and your child are comfortable talking about their sickness in general, you may then want to use the picture booklet that we will give you. ▪ The picture booklet can provide an excuse to carve out time to discuss your child's sickness with her/him. It also provides guidance for the discussion and a forum for your child to ask questions. ▪ Record your child's name in the space provided on the cover.

	Booklet content	Objective of this page is to.... Possible discussion points
Page 2	 <p>A message for caregivers</p> <p>Talking to your child about his or her sickness may be hard to do. This book was written to help you to just this. Before you use this book, try talking to your child about his or her health and ask if there are any questions. You may talk with your child at any time when you are alone together, for example, when you are going to clinic, doing chores around the house or going to school.</p> <p>It is important to make your discussions seem natural, and not a special one-time thing. This book should be used as just one part of your discussions with your child about health.</p> <p>This book was written to be used with children 5–9 years old. At this age, children may ask many questions about why they go to the clinic or why they have to take medicines. Answer these questions as well as you can and give your child permission to ask any questions as they arise.</p> <p>Remember that the way you manage these discussions with your child will help him or her to become more comfortable living with the sickness. Listening and being gentle will help your child learn how to live positively.</p>	<p>Review “A message for caregivers”.</p> <p>Discussion points:</p> <ul style="list-style-type: none"> ▪ 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. ▪ It is to be used with children 5–9 years old. ▪ When you are reading the booklet — and at other times — encourage your child to ask questions. ▪ 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.
Page 3	 <p>This book is about how to keep you healthy.</p> <p>I want you to be as healthy as you can be. And the nurses, doctors and counsellors at the clinic also want you to be well. Do you want to be strong and healthy?</p> <p>This book is about how to keep you healthy. I want you to be as healthy as you can be. And the nurses, doctors and counsellors at the clinic also want you to be well. Do you want to be strong and healthy?</p>	<p>Summarise the goal of this booklet.</p> <p>Discussion points:</p> <ul style="list-style-type: none"> ▪ Rather than focusing on the negative side of having a sickness, instead talk about how to stay (or get) well. ▪ A focus on wellness also introduces the concept of “Positive Living”, a philosophy that will help them cope with a chronic disease throughout their life.

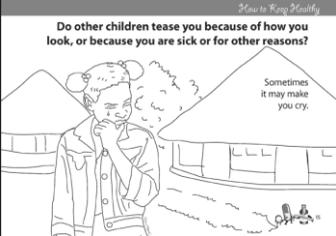
	Booklet content	Objective of this page is to.... Possible discussion points
Page 4	<p><i>How to Keep Healthy</i></p>  <p>We go to the clinic to check your health.</p>	<p>Discuss going to the clinic.</p> <p>Discussion points:</p> <ul style="list-style-type: none"> ▪ We start the discussion with the clinic visit, as this is a safe starting point — a place that is, by now, familiar yet associated with health.
Page 5	<p><i>How to Keep Healthy</i></p>  <p>The nurses and doctors take your blood and check to see that you are well.</p>	<p>Discuss what happens at the clinic.</p> <p>Common questions:</p> <ul style="list-style-type: none"> ▪ Why do they take my blood?
Page 6	<p><i>How to Keep Healthy</i></p>  <p>You have a sickness in your blood. Some children were born with the sickness. Some children got the sickness in other ways. Sometimes the sickness gets strong and makes you feel bad.</p>	<p>Explain the sickness.</p> <p>Common questions:</p> <ul style="list-style-type: none"> ▪ How did I get this? ▪ How could I have gotten this before I was born?

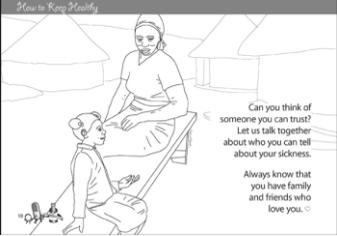
	Booklet content	Objective of this page is to.... Possible discussion points
Page 7	<p>The sickness is like a bad guy that is trying to make you weak. When you take your medicine, the medicine is like a good cop who locks up the bad guys in prison. Can you point to the good guys?</p>	<p>Discuss the importance of medicines.</p> <p>Discussion points:</p> <ul style="list-style-type: none"> Allow your child to get distracted by the animation in this picture. Give them a moment to pick out the “good guys” (note the cop on the left and the bottle of medicine on the right) and the “bad guys” (who are behind prison bars). Ask what questions they have. Younger children may ask if their sickness really looks like that. Explain that it doesn't really, but we can pretend that it does as a way to start understanding how the sickness works.
Page 8	<p>Sometimes you may not want to take your medicine. But if you do not take the medicine, the bad guys will get out and try to make you sick. Do you take your medicine all the time?</p> <p>Sometimes you may not want to take your medicine. But if you do not take the medicine, the bad guys will get out and try to make you sick.</p> <p>Do you take your medicine all the time?</p>	<p>Discuss what happens when medicines are not taken.</p> <p>Common questions:</p> <ul style="list-style-type: none"> What happens if my mum forgets to give me my medicine? (Response: give the child permission to remind her/his caregiver that when it is time to take medicine; stress the importance of shared responsibility.)

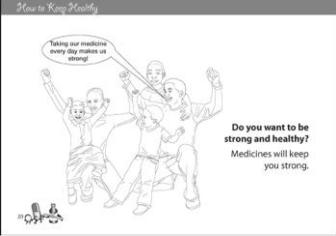
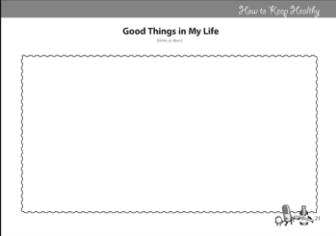
	Booklet content	Objective of this page is to.... Possible discussion points
Page 9	<p data-bbox="263 245 404 277">There are other things you can do to keep healthy.</p> <p data-bbox="263 284 342 320">Getting enough sleep and resting when you feel tired.</p>  <p data-bbox="225 459 546 576">There are other things you can do to keep healthy. Getting enough sleep and resting when you feel tired.</p>	<p data-bbox="591 240 925 296">Talk about the importance of sleep.</p> <p data-bbox="591 320 820 347">Common questions:</p> <ul data-bbox="591 371 919 456" style="list-style-type: none"> ▪ How does sleep keep me healthy? (Response: It gives your body time to heal.)
Page 10	<p data-bbox="236 603 325 619">Kau to Kōwhiri</p>  <p data-bbox="292 770 516 807">Eating healthy foods like fruits, vegetables and milk. And going to the clinic. What other healthy foods do you like? Can you think of other things you can do to stay healthy?</p> <p data-bbox="225 823 552 906">Eating healthy foods like fruit, vegetables and milk. And going to the clinic.</p> <p data-bbox="225 943 524 999">What other healthy foods do you like?</p> <p data-bbox="225 1031 533 1086">Can you think of other things you can do to stay healthy?</p>	<p data-bbox="591 603 925 687">Talk about the importance of eating well and going to the clinic.</p> <p data-bbox="591 711 820 738">Common questions:</p> <ul data-bbox="591 762 955 935" style="list-style-type: none"> ▪ What if I am too sick to eat? (Response: some days you will not feel like eating, and that's OK because on other days you will be very hungry and eat more than usual.) <p data-bbox="591 959 801 986">Discussion points:</p> <ul data-bbox="591 1010 966 1278" style="list-style-type: none"> ▪ If appropriate, this page may present an opportunity to discuss healthy eating, eating enough, eating even though you may not be hungry (for children who are underweight), and making healthy food choices. ▪ Exercise also helps me stay healthy.

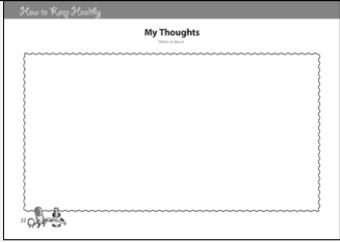
	Booklet content	Objective of this page is to.... Possible discussion points
Page 11	 <p>There are many other children just like you who live with the sickness. They all have to go to the clinic and take medicine too.</p>	<p>Explain that the child is not the only one with the sickness.</p> <p>Common questions:</p> <ul style="list-style-type: none"> Who else has this sickness? (Response: we don't really know exactly who has this sickness. The government has told us that millions and millions (nearly six million) of South Africans have HIV, and many of them are your age.) <p>Discussion points:</p> <ul style="list-style-type: none"> If your child wants to know more about who has HIV, feel free to use this opening to discuss confidentiality — whether we have HIV or not is information that belongs in the family, it's not discussed outside of the house.
Page 12	 <p>You cannot give the sickness to anyone by touching them.</p>	<p>Explain that this sickness is not transmitted through touch.</p> <p>Common questions:</p> <ul style="list-style-type: none"> Can I give it to anyone by sneezing or coughing on them? (Response: no.)

	Booklet content	Objective of this page is to.... Possible discussion points
Page 13	<p>You cannot give the sickness to anyone by hugging them or playing with them.</p>	<p>Explain that it is not transmitted through hugging or playing.</p> <p>Common questions:</p> <ul style="list-style-type: none"> Can I give it to anyone by kissing them? (Response: no)
Page 14	<p>You cannot give the sickness to anyone by eating from the same plate.</p>	<p>Explain that eating from the same plate does not transmit the sickness.</p> <p>Discussion point:</p> <ul style="list-style-type: none"> The main message on this and the preceding two pages is to communicate that people with HIV can do just about anything that people without HIV can do (if the child is older, she/he will need to know that they are responsible for ensuring that they do not transmit HIV to anyone else; but younger children don't need to know this just yet).

	Booklet content	Objective of this page is to.... Possible discussion points
Page 15	 <p>Do other children tease you because of how you look, or because you are sick or for other reasons? Sometimes it may make you cry.</p>	<p>Open a discussion about teasing.</p> <p>Discussion point:</p> <ul style="list-style-type: none"> After reading this page, pause for a moment to give your child an opportunity to think about times when they were teased and how this felt. Encourage discussion.
Page 16	 <p>Sometimes it may make you angry. But you can handle the bad feelings in different ways. What do you do when other children make you cry or make you angry?</p>	<p>Ask what the child does when teased.</p> <p>Common questions:</p> <ul style="list-style-type: none"> What should I do? (Response: Let's read the next page to see how this boy dealt with being teased.)

	Booklet content	Objective of this page is to.... Possible discussion points
Page 17	 <p>Make friends with other children who like you just as you are. Who at school is nice to you?</p> <p>Talk to someone when you have bad feelings, like an older sister, grandmother or teacher – someone you can trust.</p>	<p>Discuss what to do when teased.</p> <p>Discussion point:</p> <ul style="list-style-type: none"> Consider asking your child, for example, “What else do you think this boy should do if he’s teased?” What should he say to the boys and girls who are teasing him?
Page 18	 <p>Can you think of someone you can trust?</p> <p>Let us talk together about who you can tell about your sickness.</p> <p>Always know that you have family and friends who love you.</p>	<p>Talk about who the child can trust.</p> <p>Discussion point:</p> <ul style="list-style-type: none"> The main message of this page is for the child to recognise that she/he does have someone in whom he can confide, even if he does not want to discuss a particular issue with his caregiver.

	Booklet content	Objective of this page is to.... Possible discussion points
Page 19	 <p>Do you have any questions?</p> <p>If you have any questions I cannot answer, we can talk with the nurse, doctor or counsellor at the clinic.</p>	<p>Ask if there are any questions.</p> <p>Discussion point:</p> <ul style="list-style-type: none"> ▪ If questions come up that you, the caregiver, cannot answer, be sure to write them down so that you remember to ask them during the next clinic visit. This will show that you take your child's concerns seriously.
Page 20	 <p>Do you want to be strong and healthy?</p> <p>Medicines will keep you strong.</p>	<p>Stress the importance of keeping healthy and taking medicines.</p>
Page 21	 <p>Good Things in My Life (write or draw)</p>	<p>Provide the child with an opportunity to express positive things in her or his life.</p>

	Booklet content	Objective of this page is to.... Possible discussion points
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 22</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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