

Living a Life of Health

----- 's plan
(name of child)



A message for caregivers

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.

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.

The counsellors, nurses and doctors at the clinic will be there to help answer your questions and give you information if you need it.



I want to talk with you about how you are doing.

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?



Sometimes when children hear that they have HIV, they get frightened or angry.



Sometimes they may not want to talk anymore or play with their friends. **All of this is ok.**

The most important thing is to talk to me or someone else about how you are feeling.





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 about yourself.

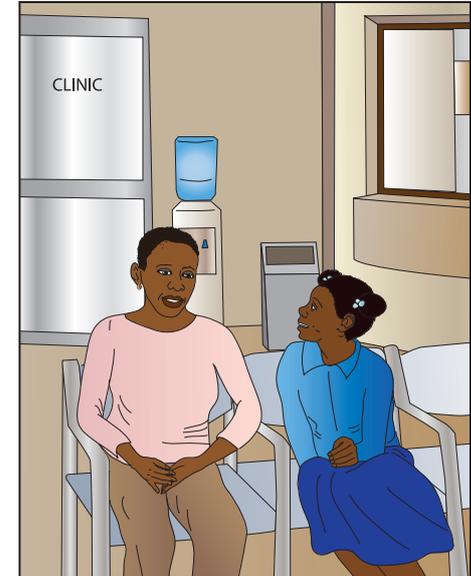


Tell me, how are things going
for you at school?

How are things going for
you with your friends?

**Remember you can always
come to talk to me.**





Do you remember the things we talked about that will help to keep you well? Can you tell me those things?

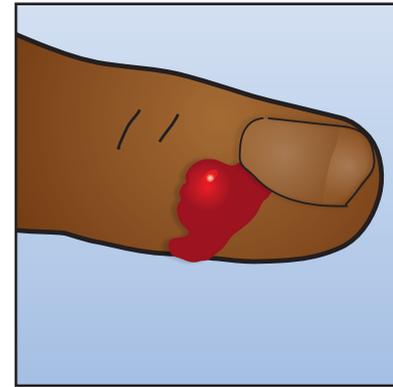
Eating healthy foods, getting enough sleep, going to the clinic, and most important – taking your medicines every day.

As you get older, it is important that you try to remember to take your medicines every day.



Remember HIV is a sickness that is very hard to pass on to other people.

Do you remember those ways?



When a baby is inside its mother.

From breast milk.

From blood.

From sexual relations.





Remember, you cannot give the sickness to anyone by touching them, hugging them, eating from the same plate, or using the same toilet.



HIV is a private thing, so we do not want to tell everybody about it.



Sometimes it might be hard to keep this secret.

Has it been hard for you to keep from telling your friends?

There are some people whom it is safe to tell.

Tell me who you trust and might feel comfortable with.

Have you told anyone about your HIV?

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.



Together we can manage your sickness.

The best way to do this is to take your medicine, go to the clinic and eat healthy foods.

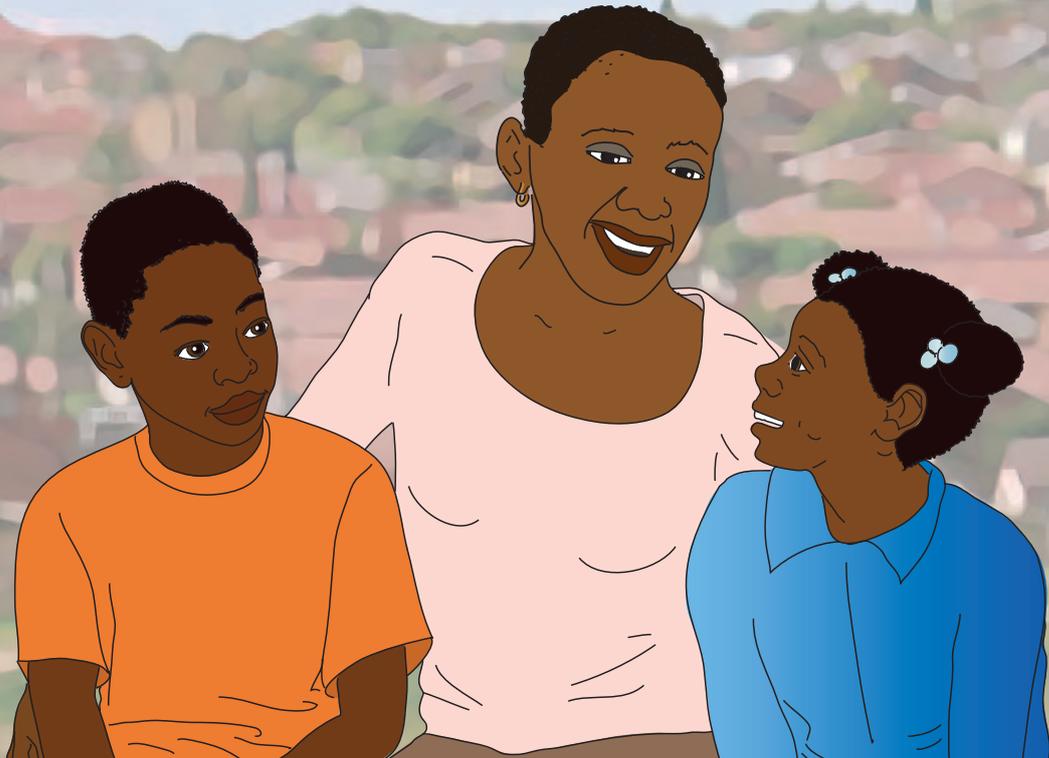
I will help you to keep healthy and the nurses, doctors and counsellors will help too.

Together we can make sure you stay well.



Do you have any questions?

Remember you can always come and talk with me or with someone else who you trust.



My thoughts

(Write or draw)



Acknowledgments

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