

# How to Keep Healthy



Booklet

1

## **A message for caregivers:**

Talking to your child about his or her condition may be hard to do. This booklet was written to help you do just this.

Before you use this booklet, 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 the clinic, doing chores around the house, or going to school.

It is important to make your discussions seem natural and not a special one-time thing. This booklet should be used as just one part of your discussions with your child about health.

This booklet was written to be used with children from 2 or 3 years of age to 6 years of age. 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.

*How to Keep Healthy* is the first in a series of four booklets. The other booklets in this series include:

- *Knowing about Myself*, booklet 2
- *Living a Life of Health*, booklet 3
- *Teen Talk*, a question-and-answer guide for adolescents living with HIV

Remember, the way you manage these discussions with your child will help him/her to become more comfortable living with this condition. Listening and being gentle will help your child learn how to live positively.





**This booklet is about how to keep you healthy.**

I want you to be as healthy as you can be. The nurses, doctors, and counsellors at the clinic also want you to be well. Do you want to be strong and healthy?



# How to Keep Healthy

We go to the clinic to check your health.



*Illustration by [signature]*

The nurses and doctors want to help by making sure that you are always well and strong. They will take your blood and check to see that you are well.



*Karen Propp*



You have a condition. You cannot see the condition because it is in your blood.

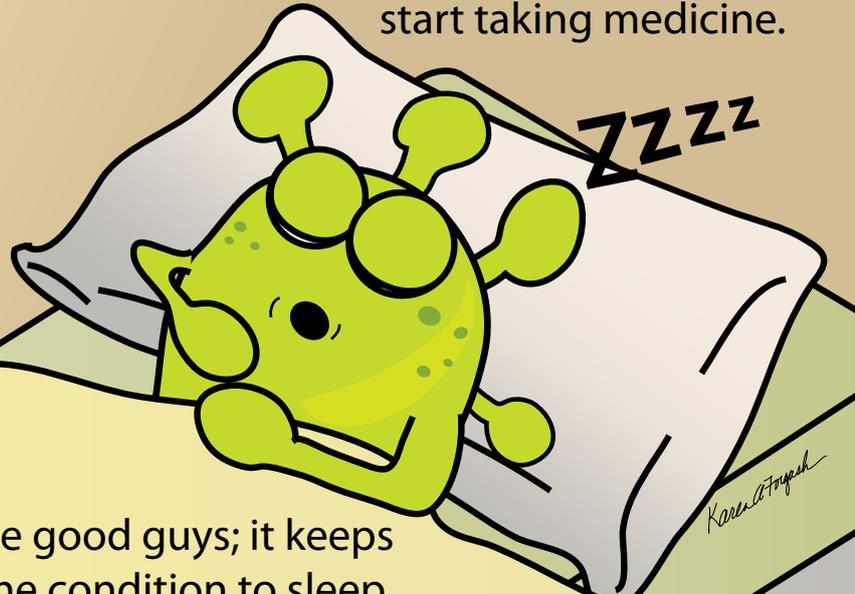
It is not your fault that you have this condition. Some children were born with it and some children got it in other ways.

Sometimes the condition can make you feel bad, but most people with this condition feel well most of the time.



This condition will always be in your blood.  
What do you think about this condition not going away?

You have to stay strong to fight this condition and make sure it goes to sleep. Your doctor will decide when you need to start taking medicine.



Medicine helps the good guys; it keeps you strong and puts the condition to sleep.

Where is the good guy in this picture?



# How to Keep Healthy

Has your doctor given you medicine?

Are there times that you don't want to take your medicine?

It is important to take it even when you don't want to so that the condition stays asleep. Otherwise, the condition could wake up and try to make you sick.

Will you help me remember to give you your medicine?



**There are other things you can do to keep healthy.**

Get enough sleep and rest when you feel tired.



Go to the clinic for your appointments. Eat healthy foods like fruits, vegetables, and milk.

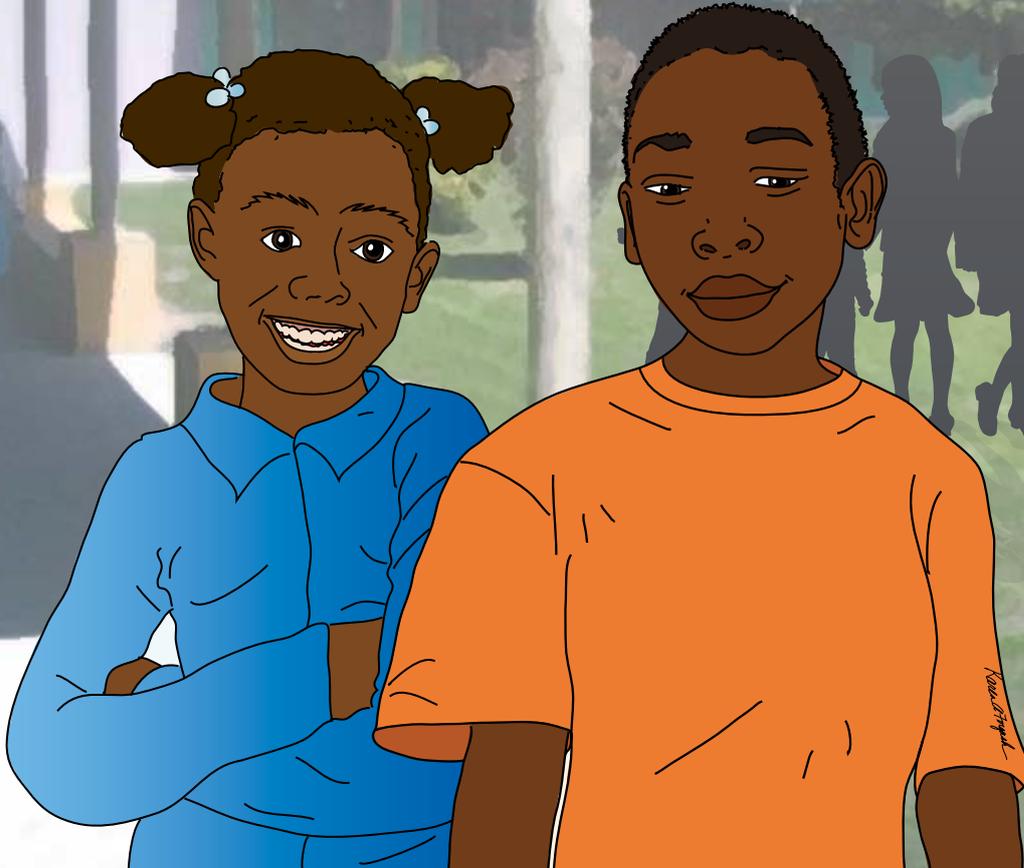


What other healthy foods do you like?

Can you think of other things you can do to stay healthy?



**There are many other children just like you who live with this condition.**



They have to go to the clinic, and many of them take medicine.

How do you feel when you see other children at the clinic?



# How to Keep Healthy

You cannot give this condition to anyone by touching them.



You cannot give  
this condition  
to anyone by  
hugging them  
or playing  
with them.





You cannot give  
this condition  
to anyone by  
eating from the  
same plate.



## **Have you seen children being teased?**

What happened?

How do you think that child felt?

Do children ever tease *you*?

If yes, how does this  
make you feel?

Sometimes it may make you cry.



Children tease each other for all kinds of reasons, not just for being sick. Teasing may make you angry, but you can handle these feelings in many ways.



What do you  
do when other  
children upset you?





Make friends with children who are nice to you. Who at school is nice to you?

Talk to someone when you are sad or angry, like an older sister, grandmother, or teacher—someone you can trust.





Can you think of someone you can trust? Let us think of someone whom you could talk to; who do you think?

Always know that you have family and friends who love you. ♡



## **What questions do you have?**

If you have any questions I cannot answer, we can talk with the nurse, doctor, or counsellor at the clinic.

We can also talk if you are feeling down or cross. You can talk to me at any time.



Taking our medicine every day makes us strong!



**Do you want to be strong and healthy?**

Medicines will keep you strong.



## **How do you feel right now?**

(Draw a picture of how you feel right now.)



## **Good Things in My Life**

Do you want to write about or draw something that makes you happy?



## Acknowledgments

This booklet was originally developed in 2010 by the South to South Program for Comprehensive Family HIV Care & Treatment (S2S) team at Stellenbosch University in South Africa led by Janine Clayton, under the title *How to Keep \_\_\_\_\_ Healthy*. The 2010 booklet was developed with support from the International Center for AIDS Care and Treatment Programmes (ICAP) of Columbia University Mailman School of Public Health; development was coordinated by the François Xavier Bagnoud (FXB) Center, School of Nursing, University of Medicine and Dentistry of New Jersey. The original booklet was designed and illustrated by Karen A. Forgash. The content was developed by Deanne Samuels, Nikhita Pandian, Leah Pandian, Virginia Allread and Beth Hurley.

This booklet was revised in 2012 based on an evaluation of the original materials. Revisions were led by Janine Clayton at S2S with support from Virginia Allread at the FXB Center, Dana Greeson at the AIDS Support and Technical Assistance Resources (AIDSTAR-One) Project, Edward Pettitt at the Baylor International Pediatric AIDS Initiative (BIPAI), and Anouk Amzel and Sara Bowsky at the United States Agency for International Development (USAID). Like the original, this booklet was illustrated by Karen A. Forgash.

The revised version of this booklet was made possible through the support of the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) through the U.S. Agency for International Development (USAID) under contract number GHH-I-00-07-00059-00, AIDS Support and Technical Assistance Resources (AIDSTAR-One) Project, Sector I, Task Order 1. The author's views expressed in this publication do not necessarily reflect the views of USAID or the United States Government.

Please visit [www.AIDSTAR-One.com](http://www.AIDSTAR-One.com) to download a copy of this booklet.

