
CONTENTS



Chapter 1: HIV is no longer a death sentence.....	1
Children have the right to care.....	2
Understanding HIV.....	4
Medicines for HIV.....	9
Everyone deserves access to ART.....	10
Chapter 2: Children need help to live with HIV.....	13
Who defends the rights of children?... Why stigma against people with HIV is so dangerous.....	15 16
Care for children, families, and caregivers.....	17
Chapter 3: How young children develop.....	21
Young children need help to grow and develop.....	22
Growth and development at different ages.....	27
HIV affects a child’s development and abilities.....	24
Working together to promote child development.....	36
Chapter 4: Communicating with children.....	37
How we communicate..... Communicating with children as they grow.....	38 40
Communication improves behavior problems.....	52
Chapter 5: Talking with children about HIV.....	59
Why knowing is good for a child..... Telling a child he has HIV.....	59 65
Chapter 6: Helping children through death and grief.....	73
Helping children when caregivers are very ill..... Helping children after a caregiver dies.....	74 82
How to support a dying child..... Community support for grieving families.....	95 100

Chapter 7: Prevention of HIV in children and mothers..... 103

How HIV spreads.....	106	ART for babies to prevent HIV.....	121
How to prevent HIV with ART.....	112	ART for treatment and prevention for people age 11 and older	122
Prevent HIV from spreading to babies.....	114		

Chapter 8: How to know if your child has HIV..... 123

The HIV testing process.....	125	Testing babies and children.....	132
Testing parents and pregnant women.....	129	What happens next.....	139

Chapter 9: Breastfeeding and HIV..... 143

Breast is best.....	144
---------------------	-----

Chapter 10: How to keep children healthy..... 151

Good nutrition for children.....	152	Prevent illness and treat illnesses quickly	172
Clean water.....	161	How to prevent common illnesses.....	173
Clean air.....	163	Keep your child’s spirit strong.....	178
Sanitation, cleanliness, and toilets....	164		

Chapter 11: ART: Medicines for HIV..... 183

What is ART?.....	183	Treat other illnesses and infections... 204	
Giving ART to your child.....	186	Knowing how your child is doing on ART.....	204
Common ART medicines for children.....	196	Making ART work in our communities.....	206
Side effects while taking ART.....	198		

Chapter 12: Common health problems..... 209

Seven signs of illness in children.....	210	5. Skin problems.....	240
1. Diarrhea, dehydration, and vomiting	214	6. Pain, discomfort, and lack of energy.....	245
2. Difficulty breathing and cough	224	7. Low weight, slow growth, and malnutrition.....	245
3. Fever and seizures	229		
4. Sore throat, mouth sores, and thrush.....	235		

Chapter 13: Helping children with pain.....	249
How to know when a child is in pain.....	250
How to treat a child in pain.....	253
Chapter 14: Preventing and addressing abuse of children.....	263
What is child abuse?.....	264
Raising children with understanding.....	268
Chapter 15: Community support for children.....	285
To support children with HIV, support families.....	285
Mobilizing your community for children’s needs.....	288
Help families fight stigma and discrimination.....	297
Resources: Where to get more information.....	309