

# Helping Children Live with HIV

An Early Assistance resource from Hesperian Health Guides



**Information and activities to help families** and other caregivers support the healthy development and well-being of young children in communities affected by HIV, poverty, and other challenges. Primary focus on ages 0 to 5, and up to age 8.

## Contents

### Chapter 1: Children need help to live with HIV

HIV is in our communities • How HIV makes both children and caregivers vulnerable • The importance of caregiving and supporting caregivers • Benefits of local resources • Children's rights and how to support them



### Chapter 2: HIV and how children develop

What babies and children need at different ages to develop well • Ways HIV can harm or slow a child's development • How to help children affected by HIV grow and develop well

### Chapter 3: Communicating with children and talking about HIV

Different ways we communicate • Communicating with children as they grow • Problems understanding children • How bad behavior is communication and what to do • When and how to talk with young children about HIV

### Chapter 4: Helping children through death and grief

How to support children through a parent's illness and death • Planning for the future • How to support a grieving child at different ages • Rituals, storytelling, and memory boxes • Community support

### Chapter 5: Prevention of HIV in children and mothers

How HIV does and does not spread • How to protect babies by preventing HIV infection in women before pregnancy • Preventing HIV transmission during pregnancy, birth, and breastfeeding • The role of ART and safer sex • Other ways children can become infected

### Chapter 6. How to know if your child has HIV

Understanding and getting the HIV test • Ensuring privacy • Testing parents and pregnant women • Testing babies and children • Signs a child should be tested for HIV • Positive and negative HIV test results • Getting support



## Chapter 7: How to keep children healthy

Nutrition for babies and young children • How to breastfeed and wean safely with HIV • Children with HIV need to eat more • How to purify and store water • Sanitation, cleanliness, and toilets • How to prevent common illnesses, including worms, malaria, and TB • How a strong spirit in children supports their health



## Chapter 8: ART – Medicines for HIV

What ART (anti-retroviral therapy) does • When babies and children should start ART • How to give ART • Ways to help a child take medicine and remember to give it every day • How to respond to side effects • Keeping your child on ART

## Chapter 9: How to care for common health problems

Signs of illness in children • Fever • Pneumonia • Diarrhea • Vomiting • Dehydration • Cough, pneumonia, and tuberculosis • Thrush and mouth sores • Ear pain and discharge • Eye irritation • Skin problems • Delayed growth and development

## Chapter 10: Helping children with pain or if they are dying

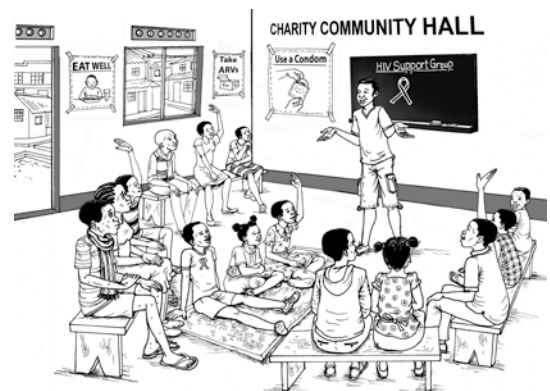
HIV and pain • How to know when a child is in pain • How to talk with children about their pain • How to ease pain in a child with HIV • How to support a dying child, and a family when a child dies • How to use medicines for pain in children

## Chapter 11: Preventing and addressing abuse of children

Understanding abuse and how it harms children • Support for caregivers can prevent abuse • How guidance and discipline differ from abuse • Ways to support children facing abuse • Sexual abuse and how it harms children • How to talk to children about sexual abuse • Signs of sexual abuse • Supporting a sexually abused child • Community efforts to stop sexual abuse

## Chapter 12: Community support for children

Mobilizing communities to support children and families • How to organize support groups, health care support, livelihood and food support projects, household help, childcare • Raising awareness and fighting stigma • Ways to use art, different media, and events • How to find resources



## Resources:

- Understanding HIV
- Medicine information
- Tools: sample will, growth record, medicine reminders
- Helpful books, organizations, and websites