

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.



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.



How to Keep Healthy

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

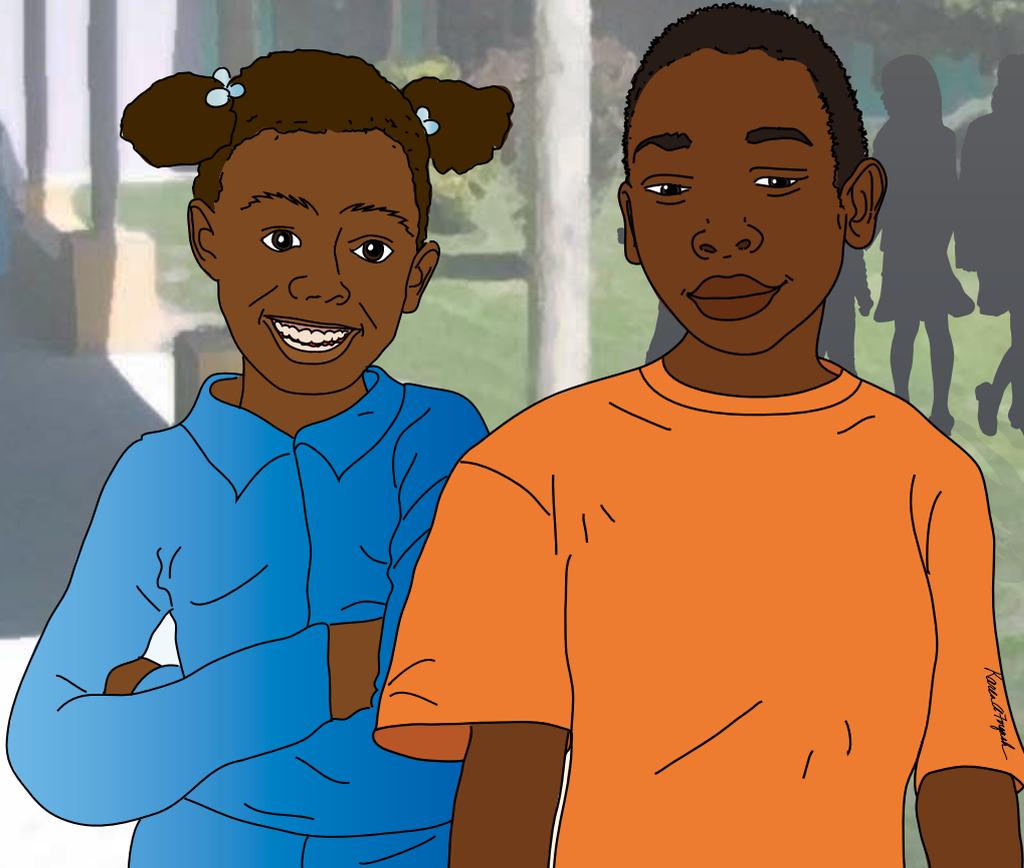


What other healthy foods do you like?

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?

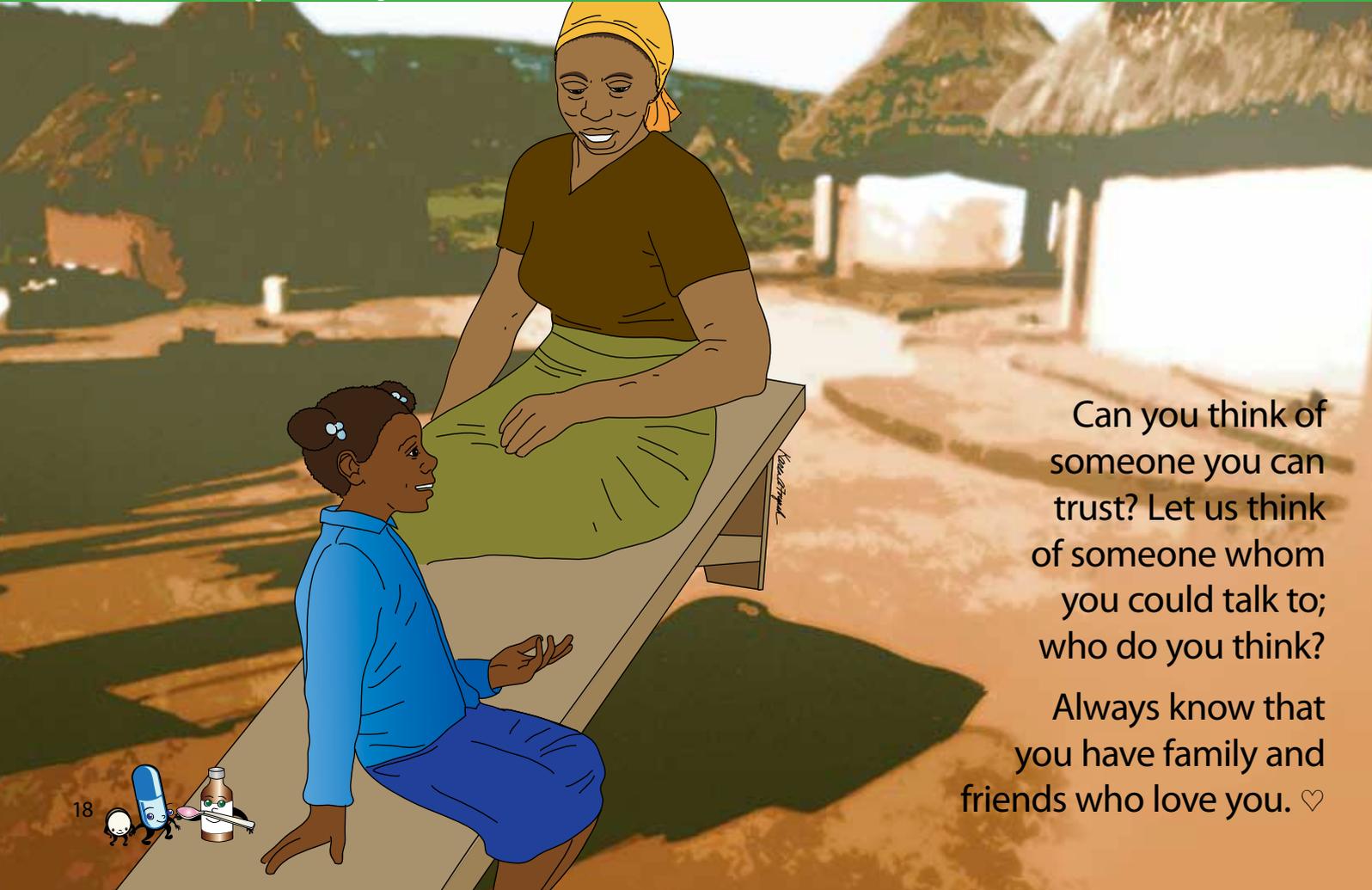




Make friends with children who are nice to you. Who at school is nice to you?

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. ♡

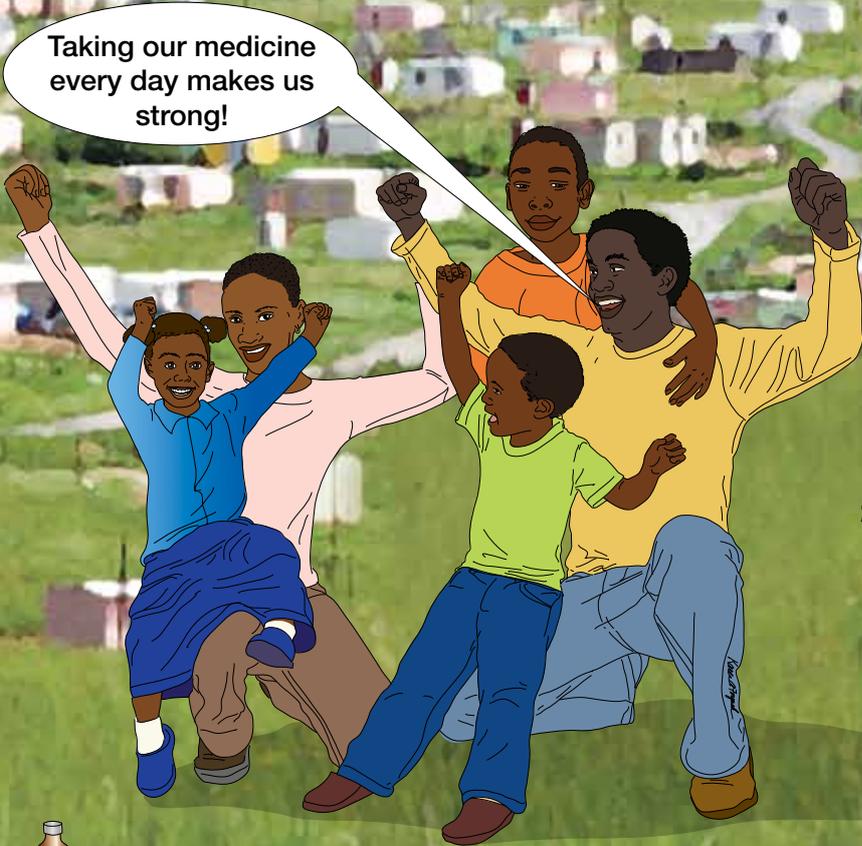


What questions do you have?

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

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Please visit www.AIDSTAR-One.com to download a copy of this booklet.

