

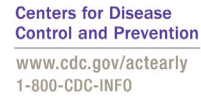
# THE ESSENTIAL PACKAGE



Improving Outcomes for Young  
Children and Caregivers Affected  
by HIV and AIDS



**Part II: Critical Needs and Actions for Caregivers of Young Children**  
*A Visual Reference Guide for Home Visitors*



**Note:** Many illustrations in this guide were created for Save the Children’s Visual Package for Parenting Discussion Group Modules on Early Childhood Development (ECD), designed and tested in Mozambique. Several illustrations and key messages were also used with permission from the Child Health Information, Education and Communication Cards (IEC), produced by John Snow, Inc., Health Communication Partnership, USAID and the Ministry of Health in Mozambique. The Visual Reference Guide was developed with generous funding from the Conrad N. Hilton Foundation.

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# Introduction

The Visual Reference Guide for Home Visitors on Child and Caregiver Needs has key questions, messages and suggested actions for caregivers on how to promote optimal health and development for their children and care for their own needs. The Home Visitor will use this guide to first evaluate what is happening in the caregiving environment; encourage positive practices; share ways to improve the household's health and nutrition and to stimulate children's development; and make referrals to support child and caregiver needs.

Part I focuses on ways to promote optimal development, health, nutrition, rights and protection for children, prenatal through age 8, in the context of HIV and AIDS. The guide provides key questions, messages and suggested actions relevant for each developmental stage. Part II provides key messages and suggested actions for addressing caregivers' own needs as we know that for caregivers to best support their children's healthy development, they must be able to meet their own health, social, emotional and material needs. As many children have lost one or both parents, the guide includes different types of caregivers.

The current guide is to be used as a template and reference guide, including information on the critical needs and essential actions to promote optimal child development. Based on the situational analysis of the context in which it will be used, pictures, suggested actions, and language in the guide can be adapted as needed to best fit the context (e.g., making the guide more pictorial with less text; using country specific pictures, etc.).

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## Notes for the Home Visitor

**Prepare:** Review the cards before the home visit. Use the cards that match the age of the child(ren) and the type of primary caregiver in the home. Cards include general messages relevant to all children and caregivers, as well as messages relevant for specific ages and types of caregivers.

**Create a Positive Environment:** Listen and make eye contact. Encourage caregiver to share his/her opinion and ask questions.

**Initiate an open conversation about what is happening in the household.**

During the conversation:

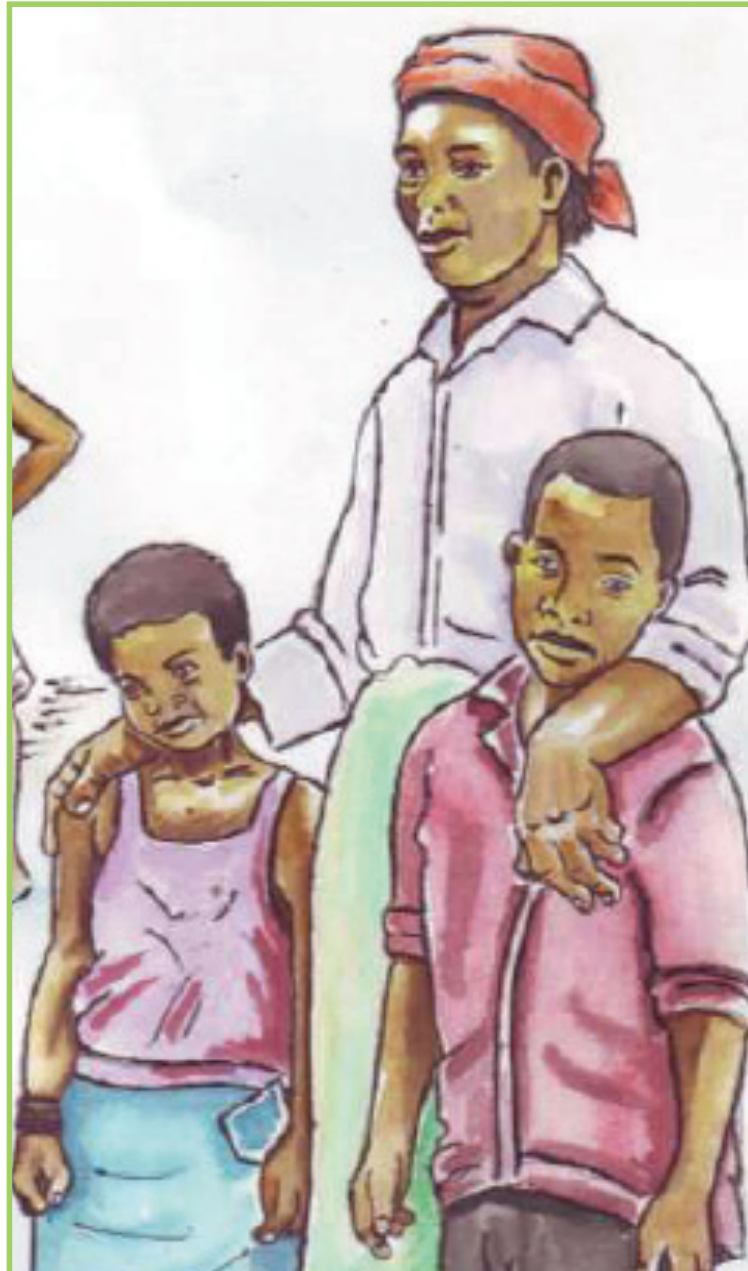
- Observe the home environment as well as interactions between caregiver and children for questions on abuse, hygiene, social behavior, etc.
- Address questions in the guide within the conversation, probing to understand what is happening, why and how you might be able to work with the caregiver to make some positive changes. Focus on issues the caregiver identifies as important and those of biggest concern within the household.

- Identify positive behaviors occurring in the household and reinforce the caregiver for what he/she is doing well.
- Describe the appropriate actions from the Visual Guide and explain why they are important. Look for examples of good practices in the community.
- Refer to key services (PMTCT, Antenatal Care, Nutrition Counseling, Preschool, Early Learning Center).

**Follow-up:** Is the caregiver practicing the actions you recommended in the last visit? Praise the caregiver for caring for their children. Encourage caregiver to continue positive practices. If the caregiver is not able to perform these actions, who else in the community can help to care for children and meet their needs?

**Ask for Assistance:** If you encounter a difficult situation, tell the caregiver that you will bring information and share during the next visit. Ask other Home Visitors and supervisors for the correct information or strategy to address the situation.

# Needs of Primary Caregivers



# Mothers



## Care and Support



### Key Messages:

- Mothers may be stressed and worried about the future.
- Mothers are at risk of depression- especially right after childbirth.
- Mothers under stress or depressed may not easily show affection or care for their own or others' needs.
- Mothers need respite from the stress of caring for the sick.
- Support from friends, family, and community can help mothers feel better and care for others more.



## Care and Support

### Reflection Questions:

- What do you see happening in the picture?
- How does this apply to you?
- Do you feel tired, sad, hopeless, or worried about the future?
- Do you have people around you who can provide care and support to you? If not, why?
- Let's talk about why having care and support is important and what you can do.

### Suggested Actions:

- Identify community support including respite care, support groups, church or faith-based groups, women's groups (sewing, cooking) and bereavement counseling.
- Form a group with other mothers to provide respite, care and support.
- If you think you are depressed, look for resources in your area and ask for help.



## Health



### Key Messages:

- Being ill makes caring for others harder. It's important to seek medical help.
- If you are pregnant, you need care before and after giving birth, and to prevent transmission of HIV to your unborn child.
- If your spouse has HIV, you are at risk. You need to know how you can prevent HIV, get tested and receive treatment if infected.
- Cleanliness of water, storing food, and waste disposal prevents many diseases.
- You should boil water from open wells or streams to get rid of germs.
- Sleeping under mosquito nets will protect you from malaria.
- Mothers should support the health needs of children and others in their household.

# Health

## Reflection Questions:

- What do you see happening in the picture?
- How does this apply to you?
- Do you seek medical care when you are sick? If not, why?
- If pregnant, do you seek care before and after giving birth, and to prevent transmission of HIV to your unborn child? If not, why?
- Is there a nearby source of safe water?
- Let's talk about why these things are important and some things you can do to support your health.

## Suggested Actions:

- Go to the nearest health facility if you are ill (e.g. malaria, diarrhea, chills).
- If you think you may be infected with HIV, get tested.
- If you are HIV+, seek treatment and take medication as directed.
- If pregnant, seek care before and after giving birth, and to prevent transmission of HIV to your unborn child.
- Wash your hands with soap/ash after using the bathroom and before preparing and eating food.
- Bathe regularly.
- Boil or treat water with chlorine before drinking.
- Store water safely using covered plastic containers with a narrow mouth.
- Sleep under a mosquito net to prevent malaria.



## Nutrition



### Key Messages:

- Nutritious food helps you and your children stay healthy.
- A mixed diet including protein such as eggs and meat is important.
- Eating proteins, fruits and vegetables is important during pregnancy- especially for women with HIV as the illness affects how your body uses food.
- Mothers are important in making sure that everyone in the family, especially children, get enough food and have a balanced diet.

# Nutrition

## Reflection Questions:

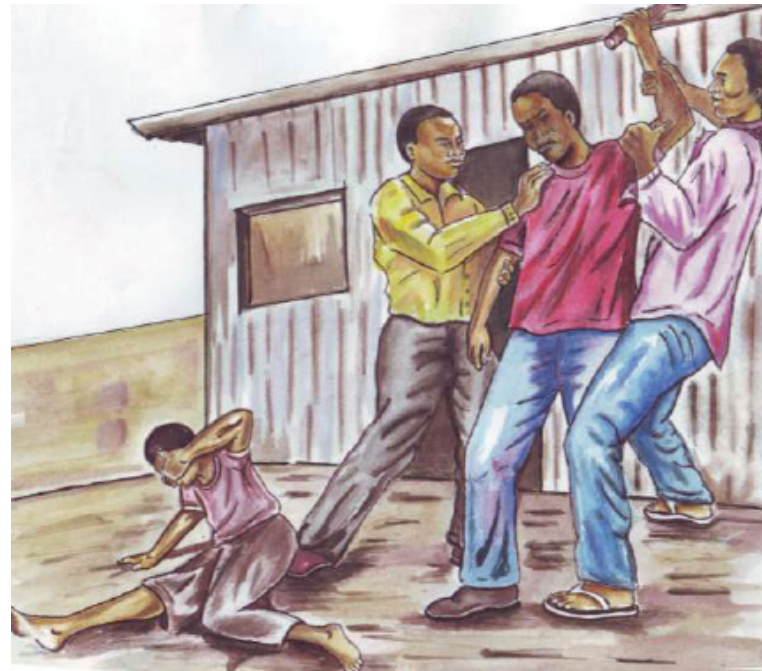
- What do you see happening in this picture?
- Does this happen in your home? Do you have adequate food and nutrition?  
If not, why?
- Are there any counseling and feeding programs nearby?
- Do you have a backyard vegetable garden?
- If you do not have adequate nutritious food, let us talk about why having a balanced diet is important for you and some things you can do.

## Suggested Actions:

- Eat a mixed diet full of fruits, vegetables, dairy (milk and cheese) and protein (meat, beans, nuts).
- If you don't have nutritious food, ask about counseling or feeding programs.
- Establish a vegetable garden in your backyard.
- Wash food before cooking.
- Eat meals together as a family.
- If you are pregnant, refer to the Prenatal cards (Prenatal 1-4 in Child Cards).



## Rights and Protection



### Key Messages:

- You should know your rights, documentation is important for getting services.
- You may need legal services to inherit your home or land if your spouse or other family member dies.
- You should understand the difference between child labor and child work.
- Everyone in your family—you, your spouse/partner and your children-- should be protected from abuse, violence and harm.

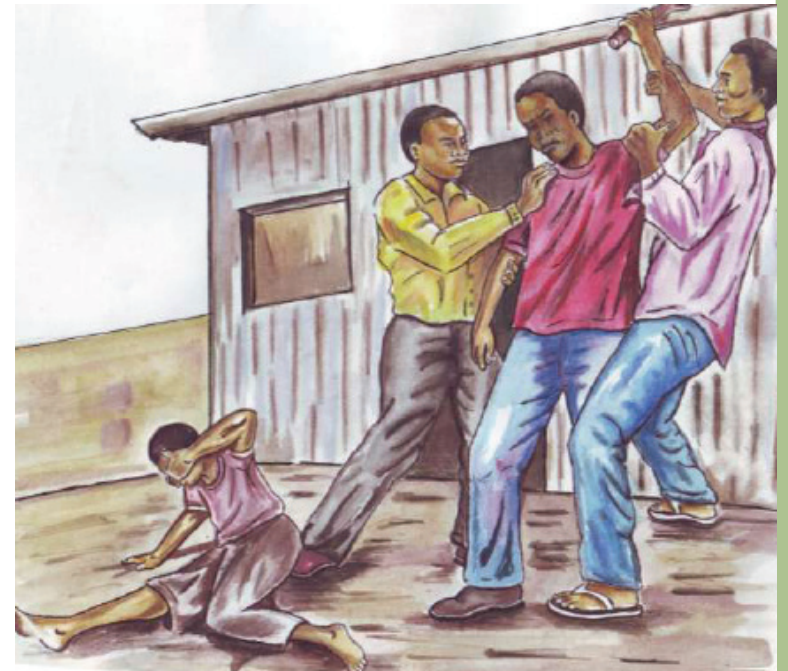
## Rights and Protection

### Reflection Questions:

- What do you see happening in the picture?
- Does this happen in your home? Is your household safe, free from harm, violence and abuse?
- If not, why?
- Let us talk about the importance of having a household that is safe, free from violence and abuse and what you can do if you have concerns about this.

### Suggested Actions:

- Report cases of abuse.
- Seek legal support to help you protect your assets.
- If someone took your property, report them to the authorities.
- Seek government support for services you or your children have rights to.



## Economic Strengthening



### Key Messages:

- When a mother or father dies, there is less money to support family needs.
- Mothers should be able to learn skills to earn a better income.
- Registering your household with the social welfare system can help you provide for your family.



## Economic Strengthening

### Reflection Questions:

- What do you see happening in the picture?
- Does this happen in your home? Are you able to meet your household basic needs?
- If not, why?
- Let's talk about why it's important for you to think about this and some things you can do to help you provide for your family.

### Suggested Actions:

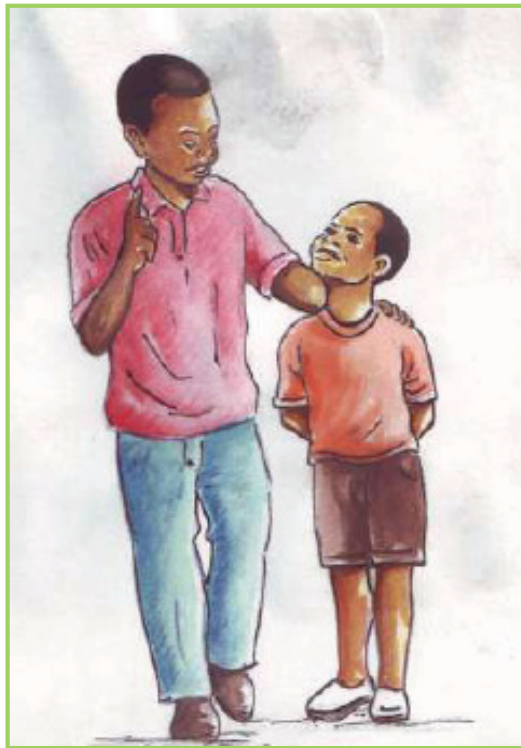
- If you are able to work, find training, support for income activities and life skills education.
- Look for government help to support your household (e.g., social welfare programs).
- Talk with other mothers about how to gain income.



# Fathers



## Care and Development



### Key Messages:

- Fathers play a critical role in their child's development, and should pay attention to and interact with their children as soon as they are born.
- Fathers also play a key role in supporting mothers and others in their family.
- Fathers may be stressed and worried about the future.
- Fathers under stress or depressed may not easily show affection or care for their own or others' needs.
- Support from friends, family, and community can help fathers feel better and care for others more.

## Care and Development

### Reflection Questions:

- What do you see happening in the picture?
- How does this apply to you?
- Are you able to spend time playing with your children? If not, why?
- Do you feel tired, sad, hopeless, or worried about the future?
- Do you have people around you who can provide care and support to you? If not, why?
- Let's talk about why having care and support is important and some things you can do

### Suggested Actions:

- Seek community support including respite care, support groups, church or faith-based groups, and bereavement counseling.
- If you think you are depressed, look for resources in your area and ask for help.
- Form a group with other fathers to provide respite, care and support.
- Take time to play with your children from the time they are born.
- Set examples for other fathers you know by being involved in your children's lives.



## Health



### Key Messages:

- Being ill makes caring for others harder. It's important to seek medical help.
- If your spouse has HIV, you are at risk. You need to know how you can prevent HIV, get tested and receive treatment if infected.
- Cleanliness of water, storing food, and waste disposal prevents many diseases.
- You should boil water from open wells or streams to get rid of germs.
- Sleeping under mosquito nets will protect you from malaria.
- Fathers should support the health needs of mothers and children in their household.

# Health

## Reflection Questions:

- What do you see happening in the picture?
- How does this apply to you?
- Is there a nearby source of safe water?
- Do you seek medical care when you are sick? If not, why?
- Are you able to support your spouse and children's health needs? If not, why?
- Let's talk about why these things are important and some things you can do to support your and your family's health.

## Suggested Actions:

- Go to the nearest health facility if you are ill (e.g. malaria, diarrhea, chills).
- If you think you may be infected with HIV, get tested.
- If you are HIV+, seek treatment and take medication as directed.
- Wash your hands with soap/ash after using the bathroom and before preparing and eating food.
- Bathe regularly.
- Boil or treat water with chlorine before drinking.
- Store water safely using covered plastic containers with a narrow mouth.
- Sleep under a mosquito net to prevent malaria.
- Support your partner/spouse during and after pregnancy.



# Nutrition



## Key Messages:

- Nutritious food helps you and your children stay healthy.
- A mixed diet including protein such as eggs and meat is important.
- Eating proteins, fruits and vegetables is important - especially if you have HIV as the illness affects how your body uses food.
- Fathers are important in making sure that everyone in the family, especially pregnant women and children, get enough food and have a balanced diet.

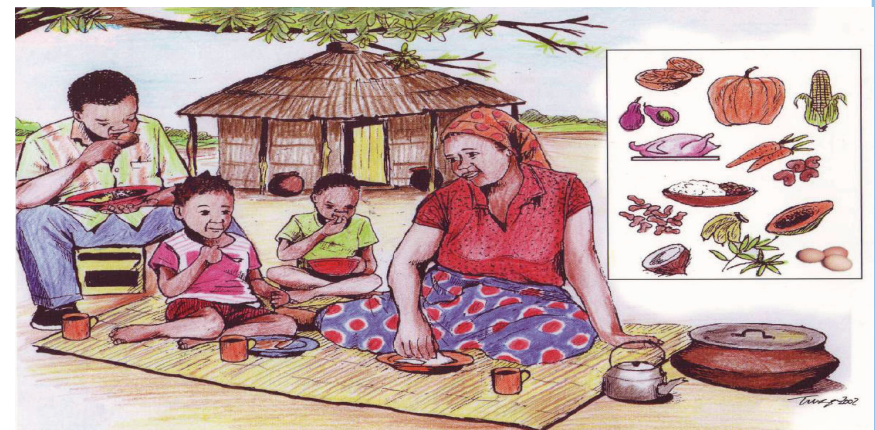
# Nutrition

## Reflection Questions:

- What do you see happening in this picture?
- Does this happen in your home? Do you and your family have adequate food and nutrition? If not, why?
- Are there any counseling and feeding programs nearby?
- Do you have a backyard vegetable garden?
- If you do not have enough nutritious food, let us talk about why having a balanced diet is important for you and some things you can do.

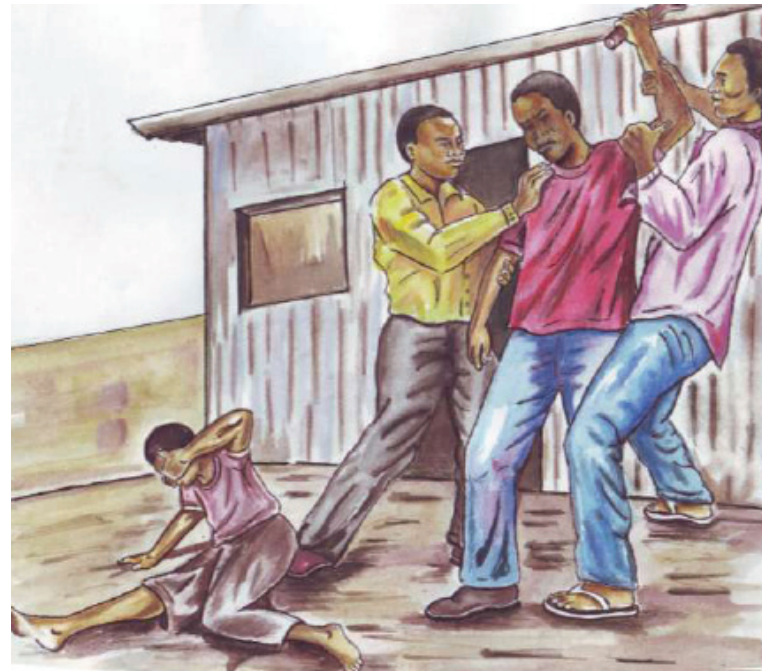
## Suggested Actions:

- Eat a mixed diet full of fruits, vegetables, dairy (milk and cheese) and protein (meat, beans, nuts).
- If you don't have nutritious food, ask about counseling or feeding programs.
- Establish a vegetable garden in your backyard.
- Wash food before cooking.
- Support your children and their mother to eat nutritious food.
- Eat meals together as a family.





## Rights and Protection



### Key Messages:

- You should know your rights, documentation is important for getting services.
- You may need legal support for poor labor practices, abuse charges, and inheritance issues.
- You should understand the difference between child labor and child work.
- Everyone in your family—you, your spouse/partner and your children-- should be protected from abuse, violence and harm.

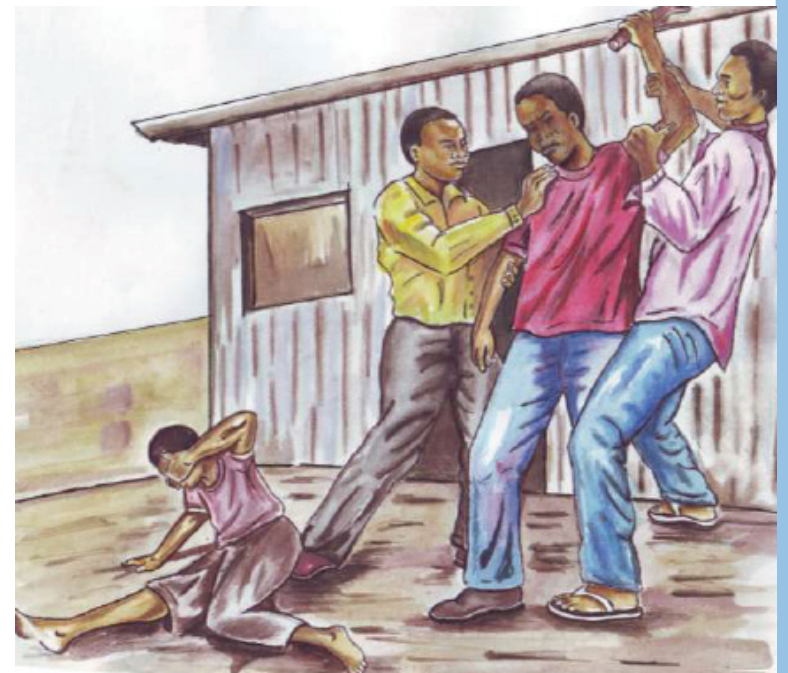
## Rights and Protection

### Reflection Questions:

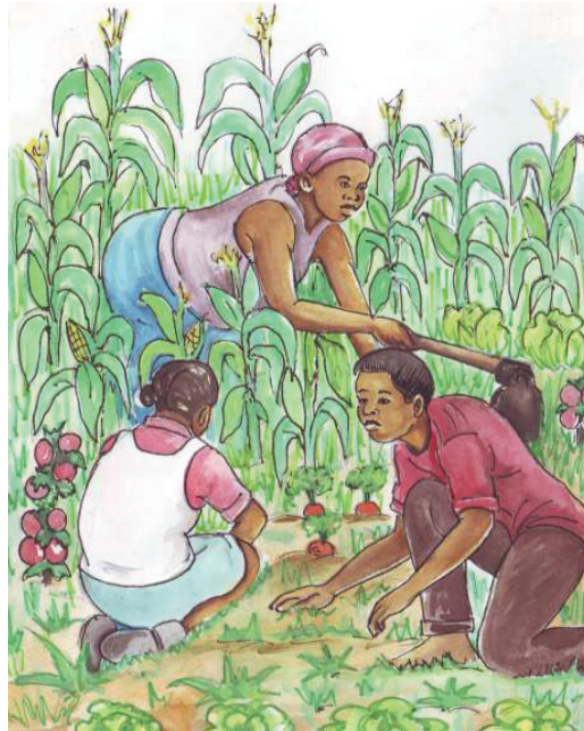
- What do you see happening in the picture?
- Does this happen in your home? Is your household safe, free from harm, violence and abuse?  
If not, why?
- Let us talk about the importance of having a household that is safe, free from violence and abuse.

### Suggested Actions:

- Report cases of abuse and protect all members of your family from harm.
- Seek legal support to help you protect your assets.
- If someone took your property, report them to the authorities.
- Seek government support for services you or your children have rights to.



## Economic Strengthening



### Key Messages:

- When a mother or father dies, there is less money to support family needs.
- Fathers should be able to learn skills to earn a better income.
- Registering your household with the social welfare system can help you provide for your family.

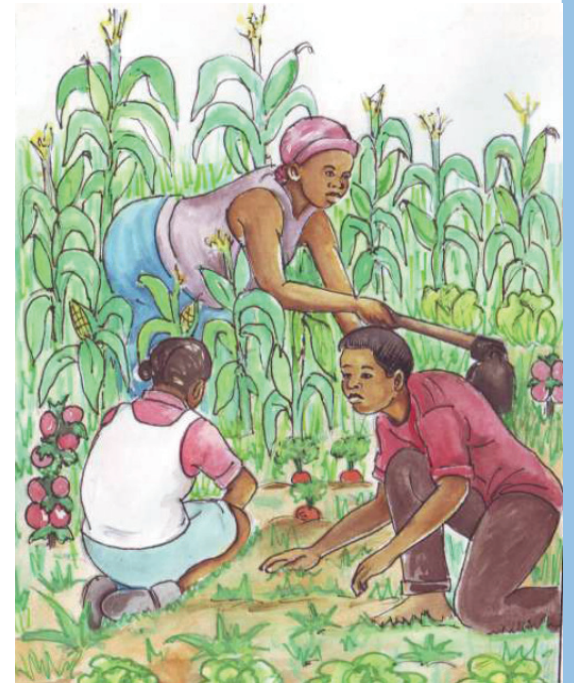
## Economic Strengthening

### Reflection Questions:

- What do you see happening in the picture?
- Does this happen in your home? Are you able to meet your household basic needs? If not, why?
- Let's talk about why this is important and some things you can do to help you provide for your family.

### Suggested Actions:

- If you are able to work, find training, support for income activities and life skills education.
- Look for government help to support your household (e.g., social welfare programs).
- Talk with other fathers about how to gain income.



# Grandparents



## Care and Development



### Key Messages:

- Grandparents share culture, values, wisdom and provide love and care to children.
- Grandparents may be stressed, worried about the future and depressed.
- Grandparents under stress or depressed may not easily show affection or care for their own or others' needs.
- Grandparents need respite from the stress of caring for the sick.
- Grandparents need support from friends, family and community to help to meet their and young children's needs.

# Care and Development

### Reflection Questions:

- What do you see happening in this picture?
- Does this happen in your home? If not, why?
- Are you communicating openly with the grandchildren?
- Do you have the necessary resources to care for your grandchildren?
- Do you have supportive care to adequately care for your grandchildren?
- Let's talk about why having care and support and talking openly with your grandchildren are important and some things you can do.

### Suggested Actions:

- Identify community support including respite care, support groups, church or faith-based groups, women's groups (sewing, cooking) and bereavement counseling.
- Form a group with other grandparents to provide respite, care and support.
- Seek supportive care, especially if you are caring for sick or multiple family members
- If you think you are depressed, look for resources in your area and ask for help.
- Tell stories to your grandchildren about your culture; share wisdom & values.
- Help your grandchildren remember their parents if they have died and seek support for disclosure if child is HIV+.



## Health



### Key Messages:

- Being ill makes caring for others harder. It's important to seek medical help.
- If a family member has HIV, you are at risk. You need to know how you can prevent HIV, get tested and receive treatment if infected.
- Cleanliness of water, storing food, and waste disposal prevents many diseases.
- You should boil water from open wells or streams to get rid of germs.
- Sleeping under mosquito nets will protect you from malaria.



# Health

### Reflection Questions:

- What do you see happening in the picture?
- How does this apply to you?
- Do you seek medical care when you are sick? If not, why?
- Is there a nearby source of safe water?
- Do you have a mosquito net to sleep under?
- Let's talk about why this is important and what you can do to support your health.

### Suggested Actions:

- Go to the nearest health facility if you are ill (e.g. malaria, diarrhea, chills).
- If you think you may be infected with HIV, get tested.
- If you are HIV+, seek treatment and take medication as directed.
- Wash your hands with soap/ash after using the bathroom and before preparing and eating food.
- Bathe regularly.
- Boil or treat water with chlorine before drinking.
- Store water safely using covered plastic containers with a narrow mouth.
- Sleep under a mosquito net to prevent malaria.



## Nutrition



### Key Messages:

- Nutritious food gives you energy and helps you and your grandchildren stay healthy.
- A mixed diet including protein such as eggs and meat is important.
- Eating proteins, fruits and vegetables is important – especially as you get older or if you have HIV as the illness affects how your body uses food.

# Nutrition

## Reflection Questions:

- What do you see in this picture?
- Do you and your family have enough nutritious food?  
If not, why?
- Are there any counseling and feeding programs nearby?
- Do you have a backyard vegetable garden?
- If you do not have enough nutritious food, let us talk about why having a balanced diet is important for you and some things you can do.

## Suggested Actions:

- Eat a mixed diet full of fruits, vegetables, dairy (milk and cheese) and protein (meat, beans, nuts).
- If you don't have nutritious food, ask about counseling or feeding programs.
- Establish a vegetable garden in your backyard.
- Support your grandchildren to eat nutritious food.
- Eat meals together as a family.
- Wash food before cooking.



## Rights and Protection



### Key Messages:

- You should know your rights, documentation is important for getting services.
- You may need legal support for poor labor practices, abuse charges, and inheritance issues.
- You should understand the difference between child labor and child work.
- Everyone in your family—you, your spouse/partner, your children and grandchildren-- should be protected from abuse, violence and harm.

# Rights and Protection

## Reflection Questions:

- What do you see happening in the picture?
- Do you have documentation for your family to receive necessary services? If not, why?
- Is your household safe, free from harm, violence and abuse? If not, why?
- Let us talk about why documentation is important and the importance of having a household that is safe, free from violence and abuse.

## Suggested Actions:

- Report cases of abuse and protect all members of your family from harm.
- Seek legal support to help you protect your assets.
- If someone took your property, report them to the authorities.
- Seek government support for services you or your grandchildren have rights to.



## Economic Strengthening



### Key Messages:

- Grandparents are likely to live in poverty because they may no longer be able to work.
- When someone in the family dies, there is less money to support family needs.
- Registering your household with the social welfare system can help you provide for your family.

## Economic Strengthening

### Reflection Questions:

- What do you see happening in this picture?
- Are you and/or your spouse able to work?
- Are you able to meet your household basic needs? If not, why?
- Let's talk about some things you can do to help you provide for your family.

### Suggested Actions:

- Look for government help to support your household (e.g., social welfare programs, cash transfers, elderly pensions, foster care grants); ask for help if you need to.
- If you are able to work, find training, support for income activities and life skills education.
- Talk with other grandparents about how to gain income.



# Siblings or Children Heading Households





## Care and Development



### Key Messages:

- Support from adults can help you to care for young children.
- Child caregivers, especially girls, often have to quit school to work to support family.
- Playing with friends, taking care of yourself and staying in school when possible is important.
- Losing a loved one and the stress of supporting your family may cause you to feel depressed; counseling can help you.

## Care and Development

### Reflection Questions:

- What do you see happening in these pictures? Does this happen in your home? If not, why?
- Do you have support from adults to help you care for the young children in your home and to support you emotionally?
- Are you able to take care of yourself, and have opportunities to play and learn? Are you in school? If not, why?
- Let's talk about the importance of having support, time for yourself and staying in school.



### Suggested Actions:

- Seek extended family and community support (respite care, support groups, church or faith-based groups) to help you take care of your brothers and sisters.
- Seek community support to remain in school, even while supporting the needs of your family (important especially for girls).
- Join a youth club or explore opportunities to play and interact with your peers and learn life skills including information on HIV/AIDS prevention.
- If you are sad or depressed, ask for help.



# Health



## Key Messages:

- Being ill makes caring for others harder. It's important to seek medical help.
- If a family member has HIV, you are at risk. You need to know how you can prevent HIV, get tested and receive treatment if infected.
- Cleanliness of water, storing food, and waste disposal prevents many diseases.
- You should boil water from open wells or streams to get rid of germs.
- Sleeping under mosquito nets will protect you from malaria.

# Health

## Reflection Questions:

- What do you see happening in the picture? How does this apply to you?
- Do you seek medical care when you are sick? If not, why?
- Is there a nearby source of safe water?
- Do you have a mosquito net to sleep under?
- Let's talk about why these are important and what you can do to support your health.

## Suggested Actions:

- Go to the nearest health facility if you are ill (e.g. malaria, diarrhea, chills).
- If you think you may be infected with HIV, get tested.
- If you are HIV+, seek treatment and take medication as directed.
- Wash your hands with soap/ash after using the bathroom and before preparing and eating food.
- Bathe regularly.
- Boil or treat water with chlorine before drinking.
- Store water safely using covered plastic containers with a narrow mouth.
- Sleep under a mosquito net to prevent malaria.



## Nutrition



### Key Messages:

- Nutritious food gives you energy and helps you and your siblings stay healthy.
- A mixed diet including protein such as eggs and meat is important.
- Eating proteins, fruits and vegetables is important – especially if you have HIV as the illness affects how your body uses food.
- Washing food before cooking will help keep away certain diseases.
- Eating three to five times a day will help you to get enough food.
- Some children need vitamin supplementation if they don't get vitamins in their food.
- Eating before going to school will help you learn.

# Nutrition

## Reflection Questions:

- What do you see in this picture?
- Do you and your family have enough nutritious food?  
If not, why?
- Are there any counseling and feeding programs nearby?
- Do you have a backyard vegetable garden?
- If you do not have enough nutritious food, let us talk about why having a balanced diet is important for you and some things you can do.

## Suggested Actions:

- Eat a mixed diet full of fruits, vegetables, dairy (milk and cheese) and protein (meat, beans, nuts).
- If you don't have nutritious food, ask about counseling or feeding programs.
- Establish a vegetable garden in your backyard.
- Wash food before cooking.
- Eat meals together as a family.
- Eat breakfast before going to school.



## Rights and Protection



### Key Messages:

- All children have the right to citizenship and should be registered to make sure their rights are protected.
- Children need to be in a safe environment, free from harm, violence and abuse (verbal, physical, sexual).
- There is a difference between child labor and child work.
- Child caregivers need protection from abuse and other threats like child labor.
- All children, girls and boys, have a right to education.

## Rights and Protection

### Reflection Questions:

- What do you see happening in the picture?
- Does this happen in your home? Are you or your siblings working so many hours that you don't have time for play, school or to take care of yourselves?
- Is your household safe, free from harm, violence and abuse? If not, why?
- Let us talk about the importance of having a household that is safe, free from violence and abuse and what you can do if you have concerns about this.

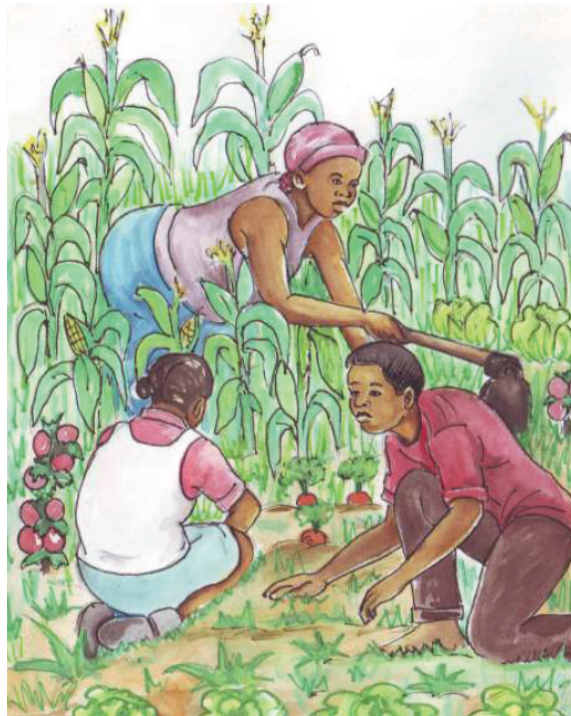
### Suggested Actions:

- Ask for help to access child friendly legal support (e.g. birth documentation, inheritance) when necessary.
- Seek government support for services you and your siblings have rights to.
- Talk to trusted adults if you are experiencing any type of abuse (physical, verbal, sexual) or child labor.
- If someone took your property, report them to the authorities.
- Seek community support to remain in school, even while supporting the needs of your family (important especially for girls).





## Economic Strengthening



### Key Messages:

- When a mother or father dies, there is less money to support family needs.
- Extended family and community members can help support you in meeting your family's basic needs.
- Registering your household with the social welfare system can help you provide for your family.

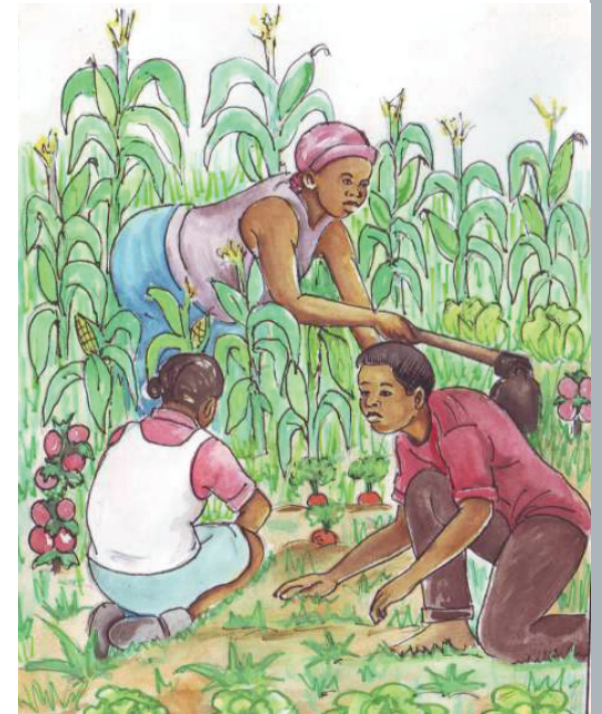
## Economic Strengthening

### Reflection Questions:

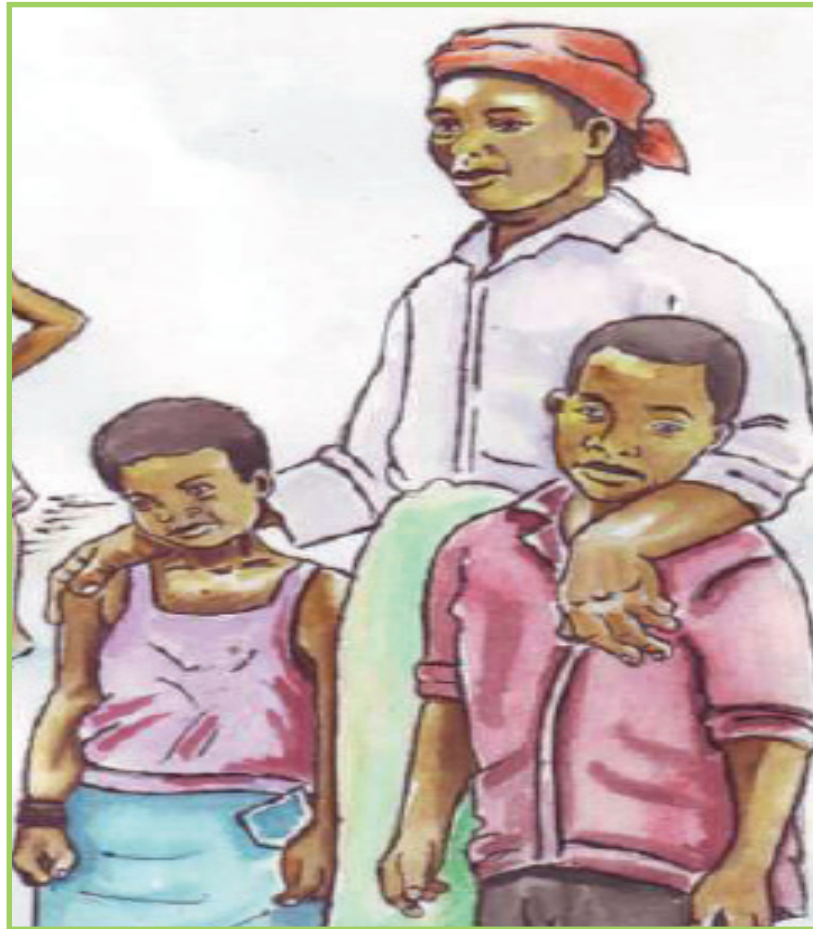
- What do you see happening in this picture?
- Do you have the necessary resources to care for your siblings?
- Let's talk about some things you can do to help you provide for your family.

### Suggested Actions:

- Look for government help to support your household (e.g., social welfare programs, cash transfers); ask for help if you need to.
- If you are able to work, find training, support for income activities and life skills education. Try to stay in school at the same time.
- Talk with other extended family and community members about how to gain income and support your family.



## Extended Family/Foster Care



## Care and Development



### Key Messages:

- Extended family members (aunts, uncles, in-laws, step parents) care for children in the family who have lost their parents but often might not have the time or means to do so.
- Due to lack of resources, extended families may not treat these new children the same as their biological children. Special care should be taken to ensure children are protected.
- Foster care could be temporary and children should have a permanent home.
- Extended or foster family may be stressed, worried about the future and depressed.
- When under stress or depressed, they may not show affection or care for their own or others' needs.
- Extended/foster family need respite from the stress of caring for the sick and multiple children. They need support from friends, family and community to help to meet their and young children's needs.

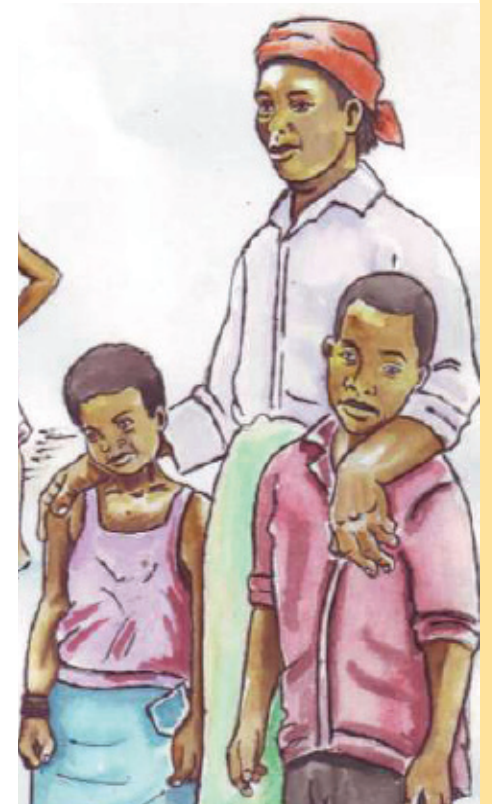
## Care and Development

### Reflection Questions:

- What do you see happening in the picture? Does this happen in your home?
- Do you have the necessary support to care for the children in your household?
- Are all the siblings together?
- Are the community members aware of these children and offering support?
- Let us talk about ways that can help you provide care and support to these children.

### Suggested Actions:

- Work with the social welfare system to provide you with the services and support that you need (foster care grants; respite care).
- Form a group with other parents to provide respite, care and support.
- Seek supportive care, especially if you are caring for sick or multiple family members.
- If you think you are depressed, look for resources in your area and ask for help.
- Keep siblings together when possible or maintain contact between siblings.
- Create and maintain a stable, loving environment.
- Make sure all children in the household are treated the same.



## Health



### Key Messages:

- Being ill makes caring for others harder. It's important to seek medical help.
- If you are pregnant, you need care before and after giving birth, and to prevent transmission of HIV to your unborn child.
- If a family member has HIV, you are at risk. You need to know how you can prevent HIV, get tested and receive treatment if infected.
- Cleanliness of water, storing food, and waste disposal prevents many diseases.
- You should boil water from open wells or streams to get rid of germs.
- Sleeping under mosquito nets will protect you from malaria.

# Health

### Reflection Questions:

- What do you see happening in the picture? How does this apply to you?
- Do you seek medical care when you are sick? If not, why?
- If pregnant, do you seek care before and after giving birth, and to prevent transmission of HIV to your unborn child? If not, why?
- Is there a nearby source of safe water?
- Let's talk about why this is important and what you can do to support your health.

### Suggested Actions:

- Go to the nearest health facility if you are ill (e.g. malaria, diarrhea, chills).
- If you think you may be infected with HIV, get tested.
- If you are HIV+, seek treatment and take medication as directed.
- If pregnant, seek care before and after giving birth, and to prevent transmission of HIV to your unborn child.
- Wash your hands with soap/ash after using the bathroom and before preparing and eating food.
- Boil or treat water with chlorine before drinking.
- Store water safely using covered plastic containers with a narrow mouth.
- Sleep under a mosquito net to prevent malaria.



## Nutrition



### Key Messages:

- Nutritious food helps you and your children stay healthy.
- A mixed diet including protein such as eggs and meat is important.
- Eating proteins, fruits and vegetables is important- especially for those with HIV as the illness affects how your body uses food.
- All children in your household should have enough nutritious food.



# Nutrition

## Reflection Questions:

- What do you see happening in this picture?
- Does this happen in your home? Do you have enough nutritious food? If not, why?
- Are there any counseling and feeding programs nearby?
- Do you have a backyard vegetable garden?
- If you do not have enough nutritious food, let us talk about why having a balanced diet is important for you and your family and some things you can do.

## Suggested Actions:

- Eat a mixed diet full of fruits, vegetables, dairy (milk and cheese) and protein (meat, beans, nuts).
- If you don't have nutritious food, ask about counseling or feeding programs.
- Establish a vegetable garden in your backyard.
- Wash food before cooking.
- If you are pregnant, refer to the Prenatal cards (Prenatal 1-4 in Child Cards).
- Make sure that food is distributed appropriately among the children in your household.



## Rights and Protection



### Key Messages:

- You should know your rights, documentation is important for getting services.
- You may need legal support for poor labor practices, abuse charges, and inheritance issues.
- You should understand the difference between child labor and child work.
- Everyone in your family—you, your spouse/partner, your biological and foster children-- should be protected from abuse, violence and harm.

## Rights and Protection

### Reflection Questions:

- What do you see happening in the picture?
- Does this happen in your home? Is your household safe, free from harm, violence and abuse? If not, why?
- Let us talk about the importance of having a household that is safe, free from violence and abuse and what you can do if you have concerns about this.

### Suggested Actions:

- Report cases of abuse.
- Seek legal support to help you protect your assets.
- If someone took your property, report them to the authorities.
- Seek government support for services you or your children have rights to.
- Make sure all children in the household are treated the same.



## Economic Strengthening



### Key Messages:

- When someone in the family dies, there is less money to support family needs.
- Extended family members (aunts, uncles, in-laws, step parents) care for children in the family who have lost their parents but often might not have the means to do so.
- Registering your household with the social welfare system can help you provide for your family.

## Economic Strengthening

### Reflection Questions:

- What do you see happening in this picture?
- Are you able to meet your household basic needs? If not, why?
- Let's talk about some things you can do to help you provide for your family.

### Suggested Actions:

- Work with the social welfare system to provide you with the services and support that you need (foster care grants; respite care).
- If you are able to work, find training, support for income activities and life skills education.
- Talk with other families about how to gain income.

