

PROJECT MASIHAMBISANI INTERVENTION OUTLINE

The goal of Project Masihambisani is to design a robust, sustainable, and scaleable intervention that enhances the adjustment of children of Mothers Living with HIV (MLH) by improving the health and mental health of MLH which benefits their children, as well as the MLH.

The intervention is delivered through eight sessions, four pre-partum and four post-partum. It is delivered by Mentor Mothers: HIV+ mothers who act as positive role models.

The intervention targets HIV+ pregnant women in KwaZulu-Natal Province in South Africa.

Antenatal Sessions

1. Living Positively
2. Keeping Me and My Baby Healthy
3. Being Prepared
4. Choosing an Exclusive Feeding Method

Postnatal Sessions

5. Loving My New Baby
6. Living a Long Life Together
7. Enjoying a Long Life
8. Me and My Partner

(ANTENATAL) SESSION 1: LIVING POSITIVELY

Welcome and Introductions

Song and Prayer

Begin the session with a song and prayer.

Praise and welcome the participants for coming to the group and agreeing to participate. Explain the structure of the groups. Attend to housekeeping (rest rooms, cell phones, etc.)

Thanks Tokens

Distribute Thanks Tokens and explain and demonstrate their use.

Confidentiality

Explain to the group that some women in the sessions may speak about personal issues. They should feel that they are able to do so and that others in the group will not discuss these personal matters outside of the group without everyone's their permission.

Mentor Mother Disclosure

Introduce yourself and disclose that you are HIV positive, that you learned you were HIV positive when you were pregnant, and that you understand how women in the group may feel at this time.

Explain that you are a local HIV positive mother who has been chosen to help other HIV positive mothers learn more about how they can keep themselves and their babies stay healthy. Tell the group that one of the reasons you have been chosen to be the Mentor Mother at this clinic is because you have learnt how to accept your status and live as full and healthy a life as possible.

State that you know that everyone in the room is HIV+ and you want to share your experiences and knowledge with them so that they can also learn how to live a full and healthy life. You also want them to have a place that is safe for them to talk and share and you will work with them to make this that place.

Mentoring Pair-Share

Ask the women to work in pairs. Each pair must introduce themselves to each other. Then they must find one thing that is the same about them e.g. they are both 20 years old. Then they must find one thing that is different about themselves e.g. one may have one child, the other woman may have two children. Each mother should complete the following sentence: "I know I will be a good mother because..."

Now go around the circle and ask each pair to stand up together. One woman from the pair will introduce the other women to the whole group and place her name tag on her. Encourage by leading the group to clap to welcome each woman to the group. The other woman in the pair will then introduce her partner to the group. Go around the circle until everyone has been introduced.

Ask the participants to share their ideas about why they will be good mothers.

Acknowledge what the women have shared and stress the following:

- Mothers have joined this group to learn more about how to make sure they do the best for herself and her baby
- Mothers are being good mothers by coming regularly to their clinic visits and adhering to the PMTCT program.

Use Posters to Introduce Core Messages

Use the posters to introduce the core messages that will be covered in today's session. The core messages of Session One are:

1. Feel good daily
2. Attend all antenatal appointments
3. Take your partner for joint STI testing
4. Decide who to tell about being pregnant or having HIV
5. Getting support is good for you

Introduce Feeling Cups and Core Messages

Introduce the Feeling Cups and explain that they help us measure the level of discomfort caused by situations, persons, places, or things. Use the Feeling Cups as you discuss each core message. Use pair-shares or role plays to help the mothers learn the core messages.

Practice Problem Solving

Ask the women to identify problems or difficult situations that HIV+ pregnant women might encounter. Brainstorm options and solutions.

Closing

Summarize the session. Use the posters to summarize the core messages.

Lead Song and Prayer. Lead the group in a prayer and song,

Exchange Thanks Tokens. Ask the mother to acknowledge the contributions of group members that have not been recognized.

Handout

- Visual to assist participant in listing three good things that occur daily.
- List of antenatal clinic visits.

- Feeling cups to assess disclosure to partner, mother, sister, friend, family member.
- Page to record important people/sources of support in participant's life.
- Referral card for participant/partner STI testing.

(ANTENATAL) SESSION 2: KEEPING ME AND MY BABY HEALTHY

Welcome and Introductions

Song and Prayer

Begin the session with a song and prayer.

Praise and welcome the participants for coming to the group and agreeing to participate. Explain the structure of the groups. Attend to housekeeping (rest rooms, cell phones, etc.)

Thanks Tokens

Distribute Thanks Tokens and explain and demonstrate their use.

Confidentiality

Explain to the group that some women in the sessions may speak about personal issues. They should feel that they are able to do so and that others in the group will not discuss these personal matters outside of the group without everyone's their permission.

Mentor Mother Disclosure

Introduce yourself and disclose that you are HIV positive, that you learned you were HIV positive when you were pregnant, and that you understand how women in the group may feel at this time.

Explain that you are a local HIV positive mother who has been chosen to help other HIV positive mothers learn more about how they can keep themselves and their babies stay healthy. Tell the group that one of the reasons you have been chosen to be the Mentor Mother at this clinic is because you have learnt how to accept your status and live as full and healthy a life as possible.

State that you know that everyone in the room is HIV+ and you want to share your experiences and knowledge with them so that they can also learn how to live a full and healthy life. You also want them to have a place that is safe for them to talk and share and you will work with them to make this that place.

Use a personal script to describe some of the steps you took to keep yourself and your baby during your pregnancy.

Mentoring Pair-Share

Ask the women to work in pairs. Each pair must introduce themselves to each other. Then they must find one thing that is the same about them e.g. they are both 20 years old. Then they must find one thing that is different about

themselves e.g. one may have one child, the other woman may have two children. Each mother should complete the following sentence: “To keep myself and my baby healthy, I will ...”

Now go around the circle and ask each pair to stand up together. One woman from the pair will introduce the other women to the whole group and place her name tag on her. Encourage by leading the group to clap to welcome each woman to the group. The other woman in the pair will then introduce her partner to the group. Go around the circle until everyone has been introduced.

Ask the participants to also share their ideas about why they will be good mothers.

Acknowledge what the women have shared and stress the following:

- Mothers have joined this group to learn more about how to make sure they do the best for herself and her baby
- Mothers are being good mothers by coming regularly to their clinic visits and adhering to the PMTCT program.

Use Posters to Introduce Core Messages

Use the posters to introduce the core messages that will be covered in today’s session. The core messages of Session Two are:

1. Eat healthy food and vitamins
2. No smoking
3. No Isihlambezo
4. No alcohol
5. Have fun

Introduce Feeling Cups and Core Messages

Introduce the Feeling Cups and explain that they help us measure the level of discomfort caused by situations, persons, places, or things. Use the Feeling Cups as you discuss each core message. Use pair-shares or role plays to help the mothers learn the core messages.

Practice Problem Solving

Ask the women to identify problems or difficult situations that HIV+ pregnant women might encounter. Brainstorm options and solutions.

Closing

Summarize the session. Use the posters to summarize the core messages.

Lead Song and Prayer. Lead the group in a prayer and song,

Exchange Thanks Tokens. Ask the mother to acknowledge the contributions of group members that have not been recognized.

Handout

- List of vitamins and healthy foods.
- Referral source for TB testing and treatment.
- List of things to avoid during pregnancy (e.g., smoking, alcohol, Isihlambezo)
- Page for participant to list things she does for fun.

(ANTENATAL) SESSION 3: BEING PREPARED

Welcome and Introductions

Song and Prayer

Begin the session with a song and prayer.

Praise and welcome the participants for coming to the group and agreeing to participate. Explain the structure of the groups. Attend to housekeeping (rest rooms, cell phones, etc.)

Thanks Tokens

Distribute Thanks Tokens and explain and demonstrate their use.

Confidentiality

Explain to the group that some women in the sessions may speak about personal issues. They should feel that they are able to do so and that others in the group will not discuss these personal matters outside of the group without everyone's their permission.

Mentor Mother Disclosure

Introduce yourself and disclose that you are HIV positive, that you learned you were HIV positive when you were pregnant, and that you understand how women in the group may feel at this time.

Explain that you are a local HIV positive mother who has been chosen to help other HIV positive mothers learn more about how they can keep themselves and their babies stay healthy. Tell the group that one of the reasons you have been chosen to be the Mentor Mother at this clinic is because you have learnt how to accept your status and live as full and healthy a life as possible.

State that you know that everyone in the room is HIV+ and you want to share your experiences and knowledge with them so that they can also learn how to live a full and healthy life. You also want them to have a place that is safe for them to talk and share and you will work with them to make this that place.

Use a personal script to describe how you prepared for the birth of your baby.

Mentoring Pair-Share

Ask the women to work in pairs. Each pair must introduce themselves to each other. Then they must find one thing that is the same about them e.g. they are both 20 years old. Then they must find one thing that is different about themselves e.g. one may have one child, the other woman may have two

children. Each mother should complete the following sentence: “To prepare for my baby’s birth, I will ...”

Now go around the circle and ask each pair to stand up together. One woman from the pair will introduce the other women to the whole group and place her name tag on her. Encourage by leading the group to clap to welcome each woman to the group. The other woman in the pair will then introduce her partner to the group. Go around the circle until everyone has been introduced.

Ask the participants to also share their ideas about why they will be good mothers.

Acknowledge what the women have shared and stress the following:

- Mothers have joined this group to learn more about how to make sure they do the best for herself and her baby
- Mothers are being good mothers by coming regularly to their clinic visits and adhering to the PMTCT program.

Use Posters to Introduce Core Messages

Use the posters to introduce the core messages that will be covered in today’s session. The core messages of Session Three are:

1. Take your PMTCT prophylaxis (AZT & nevirapine) and attend clinic as directed
2. Take nevirapine when go into labor
3. When you arrive at the hospital, tell the sister you are HIV+
4. Make sure the baby receives nevirapine syrup
5. Register for the child grant; it will help you
6. Keep your own medical records

Introduce Feeling Cups and Core Messages

Introduce the Feeling Cups and explain that they help us measure the level of discomfort caused by situations, persons, places, or things. Use the Feeling Cups as you discuss each core message. Use pair-shares or role plays to help the mothers learn the core messages.

Practice Problem Solving

Ask the women to identify problems or difficult situations that HIV+ pregnant women might encounter. Brainstorm options and solutions.

Closing

Summarize the session. Use the posters to summarize the core messages.

Lead Song and Prayer. Lead the group in a prayer and song,

Exchange Thanks Tokens. Ask the mother to acknowledge the contributions of group members that have not been recognized.

Handout

- Picture of Feeling Cups to assess discomfort with clinic visits.
- Picture of AZT and nevirapine.
- Registration card at hospital.
- “I’m HIV+” disclosure card for use at delivery.
- Card to chart medical visits.

(ANTENATAL) SESSION 4: CHOOSING AN EXCLUSIVE FEEDING METHOD

Welcome and Introductions

Song and Prayer

Begin the session with a song and prayer.

Praise and welcome the participants for coming to the group and agreeing to participate. Explain the structure of the groups. Attend to housekeeping (rest rooms, cell phones, etc.)

Thanks Tokens

Distribute Thanks Tokens and explain and demonstrate their use.

Confidentiality

Explain to the group that some women in the sessions may speak about personal issues. They should feel that they are able to do so and that others in the group will not discuss these personal matters outside of the group without everyone's their permission.

Mentor Mother Disclosure

Introduce yourself and disclose that you are HIV positive, that you learned you were HIV positive when you were pregnant, and that you understand how women in the group may feel at this time.

Explain that you are a local HIV positive mother who has been chosen to help other HIV positive mothers learn more about how they can keep themselves and their babies stay healthy. Tell the group that one of the reasons you have been chosen to be the Mentor Mother at this clinic is because you have learnt how to accept your status and live as full and healthy a life as possible.

State that you know that everyone in the room is HIV+ and you want to share your experiences and knowledge with them so that they can also learn how to live a full and healthy life. You also want them to have a place that is safe for them to talk and share and you will work with them to make this that place.

Use a personal script to describe how you chose and maintained an exclusive feeding strategy for your baby.

Mentoring Pair-Share

Ask the women to work in pairs. Each pair must introduce themselves to each other. Then they should identify one thing that they feel confused about in regard to feeding a baby as a HIV+ mother. The women should also identify one thing

they feel confident about feeding the baby. Have each mother complete the sentence “When I think about breastfeeding my baby I ...”

Now go around the circle and ask each pair to stand up together. One woman from the pair will introduce the other women to the whole group and place her name tag on her. Encourage by leading the group to clap to welcome each woman to the group. The other woman in the pair will then introduce her partner to the group. Go around the circle until everyone has been introduced.

Ask the participants to also share their ideas about feeding their babies and what some of the challenges will be.

Acknowledge what the women have shared and stress the following:

- Mothers have joined this group to learn more about how to make sure they do the best for herself and her baby
- Mothers are being good mothers by coming regularly to their clinic visits and adhering to the PMTCT program.

Use Posters to Introduce Core Messages

Use the posters to introduce the core messages that will be covered in today’s session. The core messages of Session Four are:

1. Use only one feeding method
2. Breastfeeding exclusively for 6 months is best
3. Don’t use gripe water, traditional water, or other water; breast milk is enough.
4. Only use formula only if you have a flush toilet, running water, electricity, and a steady flow of money
5. Return to the clinic 6 days after birth
6. Helpful sisters need recognition

Introduce Feeling Cups and Core Messages

Introduce the Feeling Cups and explain that they help us measure the level of discomfort caused by situations, persons, places, or things. Use the Feeling Cups as you discuss each core message. Use pair-shares or role plays to help the mothers learn the core messages.

Practice Problem Solving

Ask the women to identify problems or difficult situations that HIV+ pregnant women might encounter. Brainstorm options and solutions.

Closing

Summarize the session. Use the posters to summarize the core messages.

Lead Song and Prayer. Lead the group in a prayer and song,

Exchange Thanks Tokens. Ask the mother to acknowledge the contributions of group members that have not been recognized.

Handout

- Picture of mixed feeding methods with red X.
- Picture of mother breastfeeding baby.
- Chart showing baby milestones (birth, HIV testing, immunizations, when breastfeeding should stop, etc.)
- Picture of gripe water and traditional herbal medicines with red X.
- Picture of formula and tap water, flush toilet, and money (to assess if mother should breast or formula feed).
- Graphic of 6-6-6 health message (nevirapine at 6 hours after birth, see sister 6 days after birth, breastfeed for 6 months).

(POSTNATAL) SESSION 5: LOVING MY NEW BABY

Welcome and Introductions

Song and Prayer

Begin the session with a song and prayer.

Praise and welcome the participants for coming to the group and agreeing to participate. Explain the structure of the groups. Attend to housekeeping (rest rooms, cell phones, etc.)

Thanks Tokens

Distribute Thanks Tokens and explain and demonstrate their use.

Confidentiality

Explain to the group that some women in the sessions may speak about personal issues. They should feel that they are able to do so and that others in the group will not discuss these personal matters outside of the group without everyone's their permission.

Mentor Mother Disclosure

Introduce yourself and disclose that you are HIV positive, that you learned you were HIV positive when you were pregnant, and that you understand how women in the group may feel at this time.

Explain that you are a local HIV positive mother who has been chosen to help other HIV positive mothers learn more about how they can keep themselves and their babies stay healthy. Tell the group that one of the reasons you have been chosen to be the Mentor Mother at this clinic is because you have learnt how to accept your status and live as full and healthy a life as possible.

State that you know that everyone in the room is HIV+ and you want to share your experiences and knowledge with them so that they can also learn how to live a full and healthy life. You also want them to have a place that is safe for them to talk and share and you will work with them to make this that place.

Use a personal script to describe the excitement and joy your experienced when your baby was born and some of the specific things you did to keep your baby healthy. Also mention how your feelings changed after your baby was born.

Mentoring Pair-Share

Ask the women to work in pairs. Each pair must introduce themselves to each other. Then they must find one thing that is the same about them e.g. they are both 20 years old. Then they must find one thing that is different about

themselves e.g. one may have one child, the other woman may have two children. Each mother should complete the following sentence: “Now that my baby is born, this is what I am doing to keep her/him healthy...”

Now go around the circle and ask each pair to stand up together. One woman from the pair will introduce the other women to the whole group and place her name tag on her. Encourage by leading the group to clap to welcome each woman to the group. The other woman in the pair will then introduce her partner to the group. Go around the circle until everyone has been introduced.

Ask the participants to also share their ideas about why they will be good mothers.

Acknowledge what the women have shared and stress the following:

- Mothers have joined this group to learn more about how to make sure they do the best for herself and her baby
- Mothers are being good mothers by coming regularly to their clinic visits and adhering to the PMTCT program.

Use Posters to Introduce Core Messages

Use the posters to introduce the core messages that will be covered in today’s session. The core messages of Session Five are:

1. Use only one feeding type for 6 months
2. Breastfeeding is enough for 6 months
3. Take care of your breasts while feeding the baby
4. Enjoy the baby; this is a special time
5. Feelings change a lot after the baby is born

Introduce Feeling Cups and Core Messages

Introduce the Feeling Cups and explain that they help us measure the level of discomfort caused by situations, persons, places, or things. Use the Feeling Cups as you discuss each core message. Use pair-shares or role plays to help the mothers learn the core messages.

Practice Problem Solving

Ask the women to identify problems or difficult situations that HIV+ pregnant women might encounter. Brainstorm options and solutions.

Closing

Summarize the session. Use the posters to summarize the core messages.

Lead Song and Prayer. Lead the group in a prayer and song,

Exchange Thanks Tokens. Ask the mother to acknowledge the contributions of group members that have not been recognized.

Handout

- Picture of mother breastfeeding (with proper attachment, cream, etc.)
- Timeline for mother to complete for her baby (birth, 6 months of breastfeeding, HIV testing, immunizations)
- Picture of mother with new baby
- Feeling Cups and picture of baby to assess post-partum feelings

(POSTNATAL) SESSION 6: LIVING A LONG LIFE TOGETHER

Welcome and Introductions

Song and Prayer

Begin the session with a song and prayer.

Praise and welcome the participants for coming to the group and agreeing to participate. Explain the structure of the groups. Attend to housekeeping (rest rooms, cell phones, etc.)

Thanks Tokens

Distribute Thanks Tokens and explain and demonstrate their use.

Confidentiality

Explain to the group that some women in the sessions may speak about personal issues. They should feel that they are able to do so and that others in the group will not discuss these personal matters outside of the group without everyone's their permission.

Mentor Mother Disclosure

Introduce yourself and disclose that you are HIV positive, that you learned you were HIV positive when you were pregnant, and that you understand how women in the group may feel at this time.

Explain that you are a local HIV positive mother who has been chosen to help other HIV positive mothers learn more about how they can keep themselves and their babies stay healthy. Tell the group that one of the reasons you have been chosen to be the Mentor Mother at this clinic is because you have learnt how to accept your status and live as full and healthy a life as possible.

State that you know that everyone in the room is HIV+ and you want to share your experiences and knowledge with them so that they can also learn how to live a full and healthy life. You also want them to have a place that is safe for them to talk and share and you will work with them to make this that place.

Use a personal script to describe how you successfully secured the child grant, got your baby immunized and tested for HIV, received the HIV test results, and receive ongoing HIV care.

Mentoring Pair-Share

Ask the women to work in pairs. Each pair must introduce themselves to each other. Then they must find one thing that is the same about them e.g. they are

both 20 years old. Then they must find one thing that is different about themselves e.g. one may have one child, the other woman may have two children. Each mother should complete the following sentence: “Now that my baby is born, this is what I am doing to keep her/him healthy...”

Now go around the circle and ask each pair to stand up together. One woman from the pair will introduce the other women to the whole group and place her name tag on her. Encourage by leading the group to clap to welcome each woman to the group. The other woman in the pair will then introduce her partner to the group. Go around the circle until everyone has been introduced.

Ask the participants to also share their ideas about why they will be good mothers.

Acknowledge what the women have shared and stress the following:

- Mothers have joined this group to learn more about how to make sure they do the best for herself and her baby
- Mothers are being good mothers by coming regularly to their clinic visits and adhering to the PMTCT program.

Use Posters to Introduce Core Messages

Use the posters to introduce the core messages that will be covered in today’s session. The core messages of Session Six are:

1. Obtaining the child grant will make life easier
2. Eat healthy food regularly
3. Get your baby immunized and tested for HIV and get the results
4. Your health needs regular clinic check-ups

Introduce Feeling Cups and Core Messages

Introduce the Feeling Cups and explain that they help us measure the level of discomfort caused by situations, persons, places, or things. Use the Feeling Cups as you discuss each core message. Use pair-shares or role plays to help the mothers learn the core messages.

Practice Problem Solving

Ask the women to identify problems or difficult situations that HIV+ pregnant women might encounter. Brainstorm options and solutions.

Closing

Summarize the session. Use the posters to summarize the core messages.

Lead Song and Prayer. Lead the group in a prayer and song,

Exchange Thanks Tokens. Ask the mother to acknowledge the contributions of group members that have not been recognized.

Handout

- Picture of mother with child grant paperwork.
- Picture of healthy food.
- Picture depicting clinic visits for HIV testing and immunizations.
- Picture of clinic.

(POSTNATAL) SESSION 7: Enjoying a Long Life

Welcome and Introductions

Song and Prayer

Begin the session with a song and prayer.

Praise and welcome the participants for coming to the group and agreeing to participate. Explain the structure of the groups. Attend to housekeeping (rest rooms, cell phones, etc.)

Thanks Tokens

Distribute Thanks Tokens and explain and demonstrate their use.

Confidentiality

Explain to the group that some women in the sessions may speak about personal issues. They should feel that they are able to do so and that others in the group will not discuss these personal matters outside of the group without everyone's their permission.

Mentor Mother Disclosure

Introduce yourself and disclose that you are HIV positive, that you learned you were HIV positive when you were pregnant, and that you understand how women in the group may feel at this time.

Explain that you are a local HIV positive mother who has been chosen to help other HIV positive mothers learn more about how they can keep themselves and their babies stay healthy. Tell the group that one of the reasons you have been chosen to be the Mentor Mother at this clinic is because you have learnt how to accept your status and live as full and healthy a life as possible.

State that you know that everyone in the room is HIV+ and you want to share your experiences and knowledge with them so that they can also learn how to live a full and healthy life. You also want them to have a place that is safe for them to talk and share and you will work with them to make this that place.

Use a personal script to describe how you successfully secured the child grant, got your baby immunized and tested for HIV, received the HIV test results, and receive ongoing HIV care.

Mentoring Pair-Share

Ask the women to work in pairs. Each pair must introduce themselves to each other. Each woman should identify one thing she does to relax and one special thing she does with her baby. Each mother should complete the following

sentence: “Now that my baby is born, this is what I am doing to keep her/him healthy...”

Now go around the circle and ask each pair to stand up together. One woman from the pair will introduce the other women to the whole group and place her name tag on her. Encourage by leading the group to clap to welcome each woman to the group. The other woman in the pair will then introduce her partner to the group. Go around the circle until everyone has been introduced.

Ask the participants to also share their ideas about why they will be good mothers.

Acknowledge what the women have shared and stress the following:

- Mothers have joined this group to learn more about how to make sure they do the best for herself and her baby
- Mothers are being good mothers by coming regularly to their clinic visits and adhering to the PMTCT program.

Use Posters to Introduce Core Messages

Use the posters to introduce the core messages that will be covered in today’s session. The core messages of Session Seven are:

1. Take time for self, sitting, relaxing
2. Enjoy the baby and bond
3. Let your man help you
4. Keep your friends

Introduce Feeling Cups and Core Messages

Introduce the Feeling Cups and explain that they help us measure the level of discomfort caused by situations, persons, places, or things. Use the Feeling Cups as you discuss each core message. Use pair-shares or role plays to help the mothers learn the core messages.

Practice Problem Solving

Ask the women to identify problems or difficult situations that HIV+ pregnant women might encounter. Brainstorm options and solutions.

Closing

Summarize the session. Use the posters to summarize the core messages.

Lead Song and Prayer. Lead the group in a prayer and song,

Exchange Thanks Tokens. Ask the mother to acknowledge the contributions of group members that have not been recognized.

Handout

- Picture of mother relaxing.
- Picture of mother and baby.

- Picture of mother and partner.
- Picture of mother enjoying company of friends.

(POSTNATAL) SESSION 8: Me and My Partner

Welcome and Introductions

Song and Prayer

Begin the session with a song and prayer.

Praise and welcome the participants for coming to the group and agreeing to participate. Explain the structure of the groups. Attend to housekeeping (rest rooms, cell phones, etc.)

Thanks Tokens

Distribute Thanks Tokens and explain and demonstrate their use.

Confidentiality

Explain to the group that some women in the sessions may speak about personal issues. They should feel that they are able to do so and that others in the group will not discuss these personal matters outside of the group without everyone's their permission.

Mentor Mother Disclosure

Introduce yourself and disclose that you are HIV positive, that you learned you were HIV positive when you were pregnant, and that you understand how women in the group may feel at this time.

Explain that you are a local HIV positive mother who has been chosen to help other HIV positive mothers learn more about how they can keep themselves and their babies stay healthy. Tell the group that one of the reasons you have been chosen to be the Mentor Mother at this clinic is because you have learnt how to accept your status and live as full and healthy a life as possible.

State that you know that everyone in the room is HIV+ and you want to share your experiences and knowledge with them so that they can also learn how to live a full and healthy life. You also want them to have a place that is safe for them to talk and share and you will work with them to make this that place.

Use a personal script to describe how you successfully secured the child grant, got your baby immunized and tested for HIV, received the HIV test results, and receive ongoing HIV care.

Mentoring Pair-Share

Ask the women to work in pairs. Each pair must introduce themselves to each other. Each woman should identify one thing she does to protect herself from

HIV and one thing she does to protect other people. Each mother should complete the following sentence: “When my partner drinks, I ...”

Now go around the circle and ask each pair to stand up together. One woman from the pair will introduce the other women to the whole group and place her name tag on her. Encourage by leading the group to clap to welcome each woman to the group. The other woman in the pair will then introduce her partner to the group. Go around the circle until everyone has been introduced.

Ask the participants to also share their ideas about why they will be good mothers.

Acknowledge what the women have shared and stress the following:

- Mothers have joined this group to learn more about how to make sure they do the best for herself and her baby
- Mothers are being good mothers by coming regularly to their clinic visits and adhering to the PMTCT program.

Use Posters to Introduce Core Messages

Use the posters to introduce the core messages that will be covered in today’s session. The core messages of Session Eight are:

1. How the get my partner to test for HIV if he has not
2. Using condoms
3. Using universal precautions
4. Choose when or if to parent again
5. Dealing with a partner’s use of alcohol and stepping outside the relationship

Introduce Feeling Cups and Core Messages

Introduce the Feeling Cups and explain that they help us measure the level of discomfort caused by situations, persons, places, or things. Use the Feeling Cups as you discuss each core message. Use pair-shares or role plays to help the mothers learn the core messages.

Practice Problem Solving

Ask the women to identify problems or difficult situations that HIV+ pregnant women might encounter. Brainstorm options and solutions.

Closing

Summarize the session. Use the posters to summarize the core messages.

Lead Song and Prayer. Lead the group in a prayer and song,

Exchange Thanks Tokens. Ask the mother to acknowledge the contributions of group members that have not been recognized.

Handout

- Picture of partner going for HIV test.
- Picture of Feeling Cups and casual contact and family routine activities (e.g., sharing food, washing dishes, cleaning, etc.).
- Picture of Feeling Cups and family with children.
- Picture of Feeling cups with alcohol and other women.