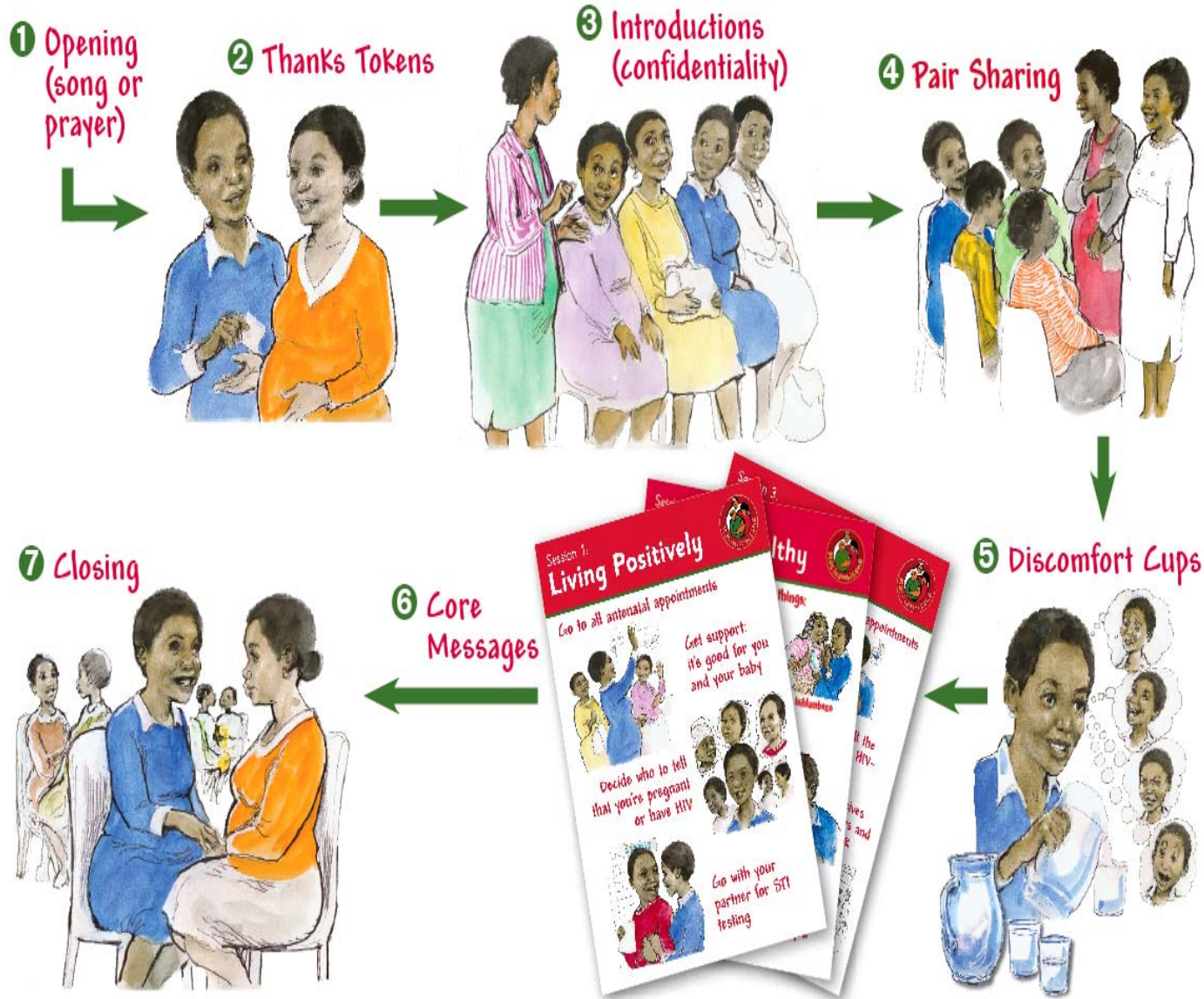


# Project Masihambisane

Intervention Materials  
Antenatal Sessions 1-4



# Rhythm Roadmap



Session 1:

# Living Positively



Go to all antenatal appointments



Get support:  
it's good for you  
and your baby

Decide who to tell  
that you're pregnant  
or have HIV



Go with your  
partner for STI  
testing

Session 2:

# Keeping Healthy



## Avoid unhealthy things:



Smoking



Alcohol



Isihlambezo

## Do healthy things:

- ✓ Good nutrition and vitamins
- ✓ Important medications
- ✓ Exercise



Get practical support  
Do what relaxes you

Session 3:

# Being Prepared



Take your AZT and go to all clinic appointments

Take nevirapine when you go into labour



At the hospital, tell the sister that you are HIV-positive



Make sure your baby receives nevirapine syrup at 6 hours and AZT syrup during first week

Register for the child grant. Keep health record booklets for you and your baby



Session 4:

# Feeding Choices



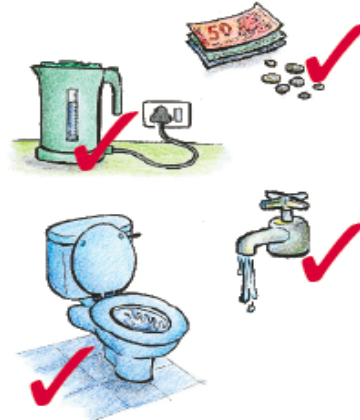
Decide how you will feed your baby

Don't mix feeding methods for first 6 months



Exclusive breastfeeding for 6 months is best

Use exclusive formula feeding only if you have ALL these:



Keep others safe from HIV



Bring your baby to the clinic at 6 days and 6 weeks

# I am HIV positive



I need special care during delivery

I need NVP stat dose  
and AZT 3 hourly

I need my baby to  
receive NVP and AZT

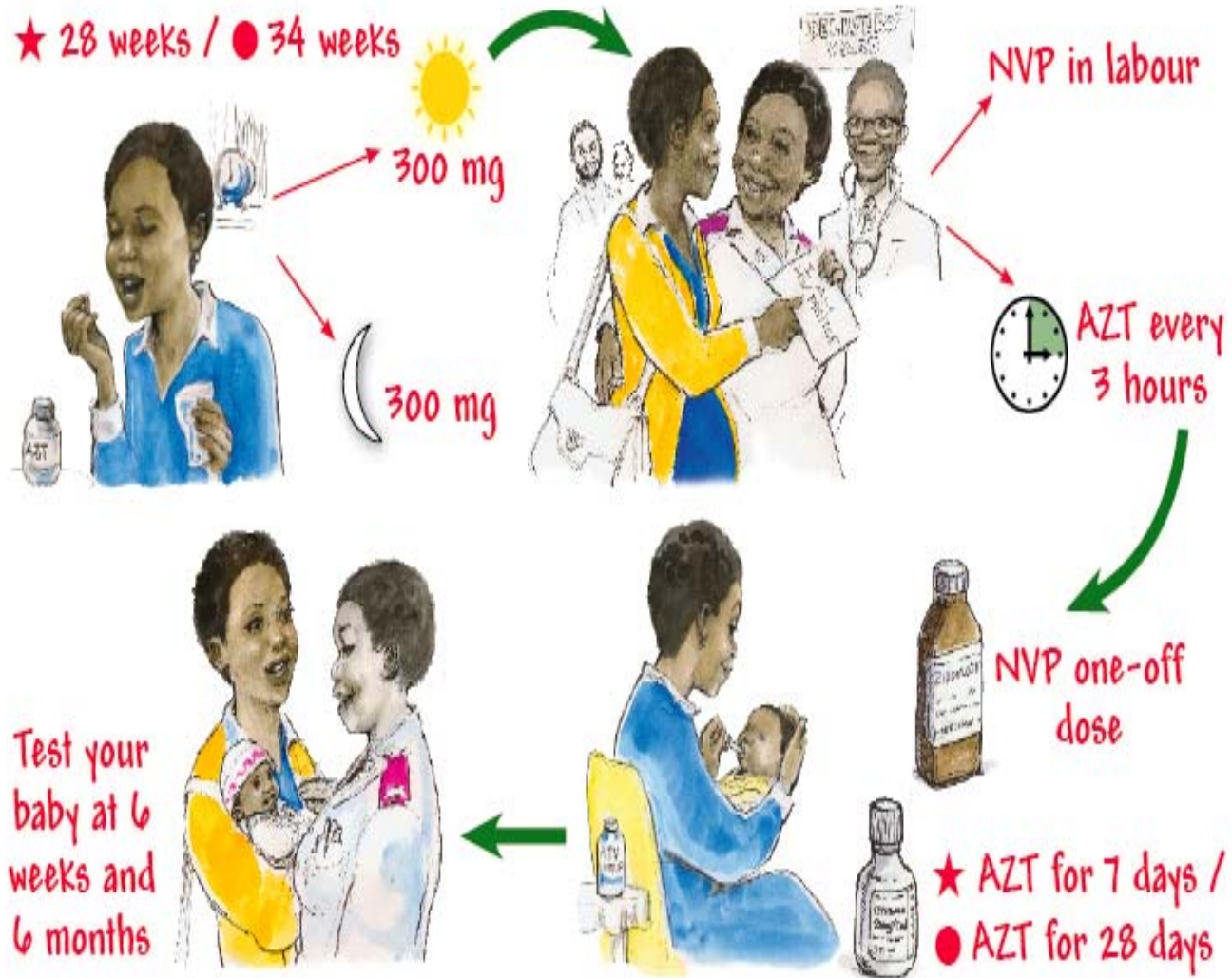




# Important Medications



★ 28 weeks / ● 34 weeks



# Child Care Grant



# Do healthy things:



✓ Exercise



✓ Good nutrition and vitamins



✓ Important medications



# Exclusive Breast is Best



Don't mix feeding methods  
for first 6 months

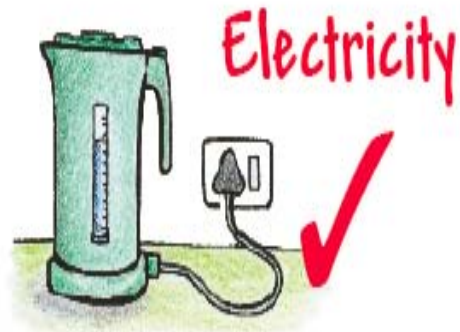


Exclusive breastfeeding  
for 6 months is best

# Exclusive Formula only if:



A steady income



Clean running water

Flush toilet



# My Calendar



**REMEMBER I CAN COME TO CLINIC ANY TIME I NEED HELP  
PROJECT MASIHAMBISANE CAN SEE ME ANYTIME I CAN GET THERE**

<b>My clinic ANC Booking Dates</b>	<b>Project Masihambisane Support Group Dates</b>	<b>Project Masihambisane Interview Dates</b>	
Antenatal 1 Date:	Session 1 Day:                      Time:	I am Pregnant Day:                      Time:	Interview 1 Time:
Antenatal 2 Date:	Session 2 Day:                      Time:	My Baby is Born Day:                      Time:	Interview 2 Time:
Antenatal 3 Date:	Session 3 Day:                      Time:	My Baby is 6 Months Day:                      Time:	Interview 3 Time:
Antenatal 4 Date:	Session 4 Day:                      Time:	My Baby is 12 Months Day:                      Time:	Interview 4 Time:

**MY EXPECTED DUE DATE:** ..... **MY EXPECTED DELIVERY SITE:** .....

# Parent Card



It is important when a man and a woman are having a child together that they come to the clinic together.

At the antenatal clinic the nurses will help with:

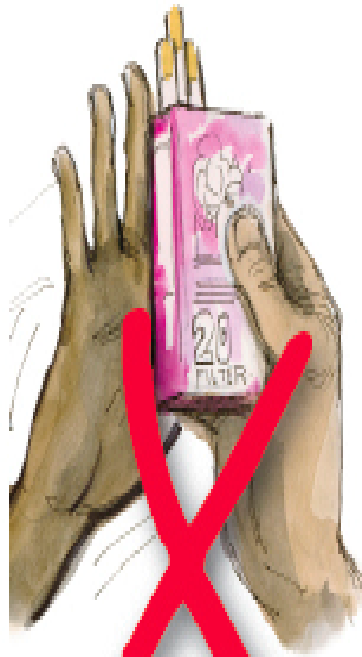
- Important information
- Health checks
- Antenatal classes



# Things to avoid:



Smoking



Alcohol



Isihlambezo

