

# Healthy pregnancy - healthy child

**A book for mothers & fathers**



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# How to use this book

We all want to be healthy and have a healthy family. This book will help couples to plan their children. It will give pregnant women the information they need to have a healthy pregnancy and a safe birth. And it will help mothers and fathers to care for their new baby too.

This book is for parents, teachers, health and community workers. Share it with your family and your friends.

If English is not your first language, you may want translations of some of the difficult words. These words have been underlined. They are explained in isiZulu, isiXhosa, seSotho and Afrikaans in circles at the side of the page. Each time the order is the same. The circles look like this:



There are coloured blocks to give you information to help you. They look like this:



**ART is not a cure for HIV and AIDS, but these medicines will help to control the HIV in your body.**

There are also case studies or stories about people's lives. The blocks look like this:



“Portia was only 15 when she was raped and got pregnant. Like many women who are younger than 18, Portia had problems with her pregnancy and died when she gave birth to her baby.”

Sometimes there are other important things to remember. These are shown in blocks like this:



## **REMEMBER**

**It can be dangerous to have your babies too close together, or to have too many babies.**

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# Planning your baby

## You can plan your babies

A child is a big responsibility for both parents. It takes a lot of time and money to give children the food, clothes, education and love that they need.

Having a baby is an important decision. Talk to your partner about a baby before you get pregnant.

### responsibility

- ingumsebenzi
- uxanduva
- boikarabelo
- verantwoordelijkheid

My parents keep asking us when we will have a child. But we are not ready for a baby yet.

It is very special to have a child, but you both need to be ready. Mothers and fathers need to give their children a lot of time, love and care.

## It is your **RIGHT** to plan your family

Sometimes it can be hard to plan a baby. This is because your parents, family and friends tell you that you must have a child. Or they may tell you to have another baby, or that you must have a boy baby. If you are not sure if this is what you want, remember that it is your right to:

- decide when you will have a baby
- decide how many children you will have
- decide not to have a child if you don't want one



## When is the right time to have a child?

For many men and women, it is very important to have at least one child. Couples should talk about when it is the right time for them to have a baby. They should remember that:

- The safest time to give birth is between the ages of 18 and 35.
- You can have a baby safely until you are about 40 years old.
- You should wait until your baby is two years old before you get pregnant again.
- You should not have more than 5 children. This is because pregnancy and birth puts a big strain on your body. If you have more than five children, it may result in illness for you and your baby.

### strain

- ngcindezi
- ukuxhwaleka
- tsukutla
- eis



## REMEMBER

It can be dangerous to have your babies too close together, or to have too many babies. If you use contraception properly all the time, you can plan when to have your children. Read pages 6 to 7.

### contraception

- ukuhlela
- ukuxhwaleka
- ho thibela pelehi
- voorbehoeding

# Planning your baby

## Before you get pregnant

- Make sure that both you and your partner are ready for a baby. Talk about how you will support each other and share the responsibility of a child.
- Make sure you have enough money to pay for food, clothes, medical care and education for a child. A child grant can help to support a child, but it is not enough to pay for everything a child needs.
- Both of you should have had an HIV test. You must be sure of your and your partner's HIV status every time you have unprotected sex (sex without a condom).

### If you or your partner is HIV positive, it is important to know that:

- You could infect each other with HIV when you have sex without a condom.
- A woman who is HIV positive can pass the HIV virus on to her baby while she is pregnant, gives birth or breastfeeds her baby.

If you and your partner are both HIV negative (do not have the HIV virus), you must stay faithful to each other. You will then not get infected with HIV. Being faithful means that you and your partner only have sex with each other.

#### HIV status

- isimo se-HIV
- ubume be-HIV
- maemo a HIV
- MIV-status

#### faithful

- nethembekile
- obunyanisekileyo
- tshepahala
- getrou





## Choices around children if you are HIV positive

If you are HIV positive, you have the right to have a baby if you want one. You also have the right to:

- choose not to have a baby
- adopt a baby
- foster a child
- care for a child who is unwanted or who is an orphan

If either you or your male partner is HIV positive, you could think about the following choices.

### adopt

- adophtha
- ukwamkela umntwana njengowakho
- ho nka ngwana ka
- aan te neem

### foster

- oyi-foster
- ukondla
- ho thusa ho hodisa ngwana
- pleegsorg te gee

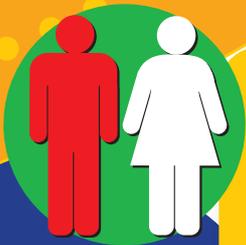


### If you are HIV positive, but your male partner is not:

- Artificial insemination (AI) can prevent you from passing HIV on to your partner when you want a baby. This can be done at a specialist clinic. Speak to your clinic about how to do this.
- Once you are pregnant, there is still a chance that you could pass HIV on to your child.
- Read pages 16 to 17 for more information about what you can do to prevent this.

### artificial insemination

- ukutshalwa kwembewu yowesilisa kowesifazane ngaphandle kokuya ocansini
- ukumithisa ngendlela engeyoyendalo
- eleng ho kenywa peo ya monna ke dingaka, ntle le thobalano
- kunsmatige inseminasie



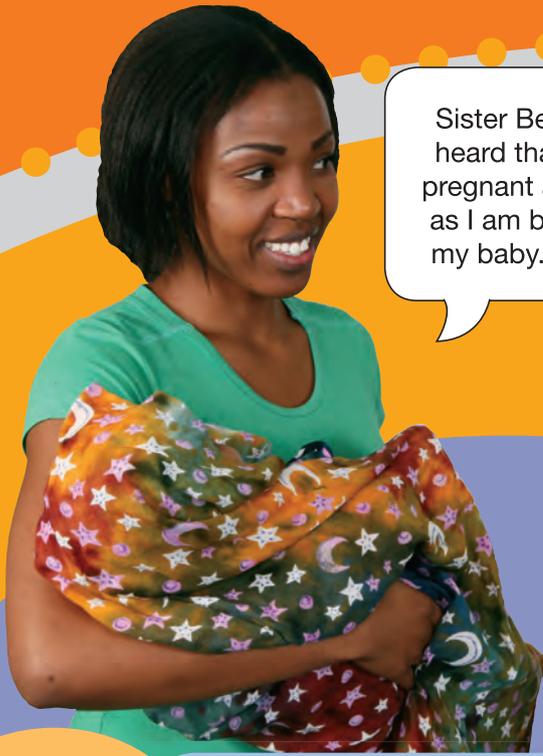
### If your male partner is HIV positive, but you are not:

- Sperm-washing separates the HIV from the sperm. The HIV-negative sperm is then put into your body by artificial insemination.
- Sperm-washing is expensive and can only be done at a specialist clinic.

### sperm-washing

- ukuhlanzwa kwembewu yowesilisa
- ukucoca amadlozi
- ho hlatsuwa ha peo ya monna
- spermwas

# Ways to prevent pregnancy



Sister Bettina, I have heard that I can't get pregnant again as long as I am breastfeeding my baby. Is this true?

No, Skosana. Many women get pregnant again while their babies are still very small. You need to use contraception to prevent this.

## contraception

- ukuhlela
- ucwangciso (Iwenzala)
- ho thibela pelehi
- voorbehoeding

## reliable

- ethembakalayo
- ethembekileyo
- tshepahalang
- betroubare

## Contraception

- Contraception will help you plan when you will have a child, and how many children you will have. It is also called birth control.
- Contraceptives work best if they are used all the time.
- Couples should talk to a health worker to find out what kind of contraceptive will be best for them.
- Choose a reliable method of contraception like condoms, the Pill or the injection.



## REMEMBER

- Men often think it is their partner's responsibility to prevent pregnancy. This is not true. Couples should talk together about birth control.
- It can be dangerous to have your babies too close together, or to have too many babies. If you use contraception properly all the time, you should be able to plan when to have your children.



# 1

## Condoms



The male condom and the female condom prevent pregnancy. Condoms are the **only** birth control that will also protect you against sexually transmitted infections (STIs) like HIV. If you are not in a faithful relationship, you should always use a condom as well as your method of birth control. A faithful relationship is when you and your partner only have sex with each other.

### faithful

- obuthembekile
- obunyaniseki-leyo
- tshepahale
- getroue

# 2

## Other barrier methods



These stop the man's sperm from going into the woman's uterus when they have sex. Condoms, diaphragms, cervical caps and spermicidal foams are all barrier methods.

### uterus

- esibeletweni
- ibhentse
- popelo ya sesadi
- uterus

# 3

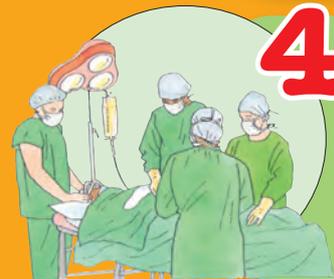
## The pill and injection



The pill is taken every day. The injection is given monthly or 3-monthly.

# 4

## Sterilisation



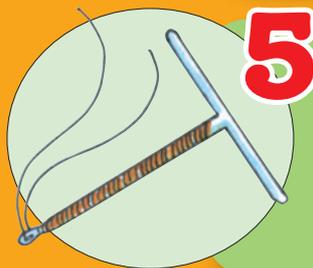
This is a small operation that can be done on a man or a woman. After this, the person can no longer have babies. It is hard to reverse the operation if you want to have a baby later.

### reverse

- ukuhlehlisa
- ukujika
- fetola
- ongedaan

# 5

## The intra-uterine device (IUD)



This is a piece of plastic or metal that is put into the woman's uterus. If you have an STI, the IUD can cause infertility. So it is important to be treated for an STI before you use this form of contraception.

### infertility

- ukuvaleka kwenzalo
- ubudlolo
- a se hlole a kgoni ho ima
- onvrugbaarheid

# 6

## The rhythm method



This is when couples do not have sex on the days when the woman ovulates. This is when she is most likely to get pregnant. This is not a good method of birth control. Often it does not work.

### ovulates

- ekhipha amaqanda
- ukuvuthwa kweqanda
- ntsha mahe a bosadi popelong
- ovuleer

# Problems with falling pregnant

## What should I do if I want to have a baby, but can't get pregnant?

### infertile

- bunyumba
- ukuba lidlolo
- ha ba na thari
- onvrugbaar

### diabetes

- nesifo
- sikashukela
- iswekile
- lefu la tswekere
- diabetes/ suikersiekte

### thyroid

- ze-thyroid
- idlala lengqula
- dipudulana tse molaleng
- skidklier-probleme

Sometimes a couple tries to have a baby but the woman doesn't get pregnant after a year without contraception. Then we say that the couple may be infertile. Both men and women can have problems that can make them infertile. Infertility can be very hard because many families and communities believe it is very important to have children.

Infertility can also happen because of:

- illnesses like diabetes, or thyroid problems
- sexually transmitted infections (STIs)
- hormone problems
- smoking
- alcohol abuse

Sometimes we do not know the cause of infertility.

If you have had unprotected sex for a year or longer, but are not pregnant, you should talk to your doctor or health worker.

Men and women also have other choices. Read the following stories.



## William and Sarah chose to live a full and happy life without children.

“ Sarah, we love each other very much. Our relationship feels complete without children. ”

“ Yes, William, I agree. We have good jobs, and we have each other. ”



**Maria and Odwa chose to care for a baby who had been orphaned.**



“ We are so lucky, Odwa, to be able to look after Simphiwe. ”

“ Although his mother has died, he is still part of our family. He is lucky too, Maria. ”



**Anand and Sabina chose to adopt a baby.**

“ There are so many orphans these days, Sabina. ”

“ I am so happy that by making a family, we can do something for our community too. ”

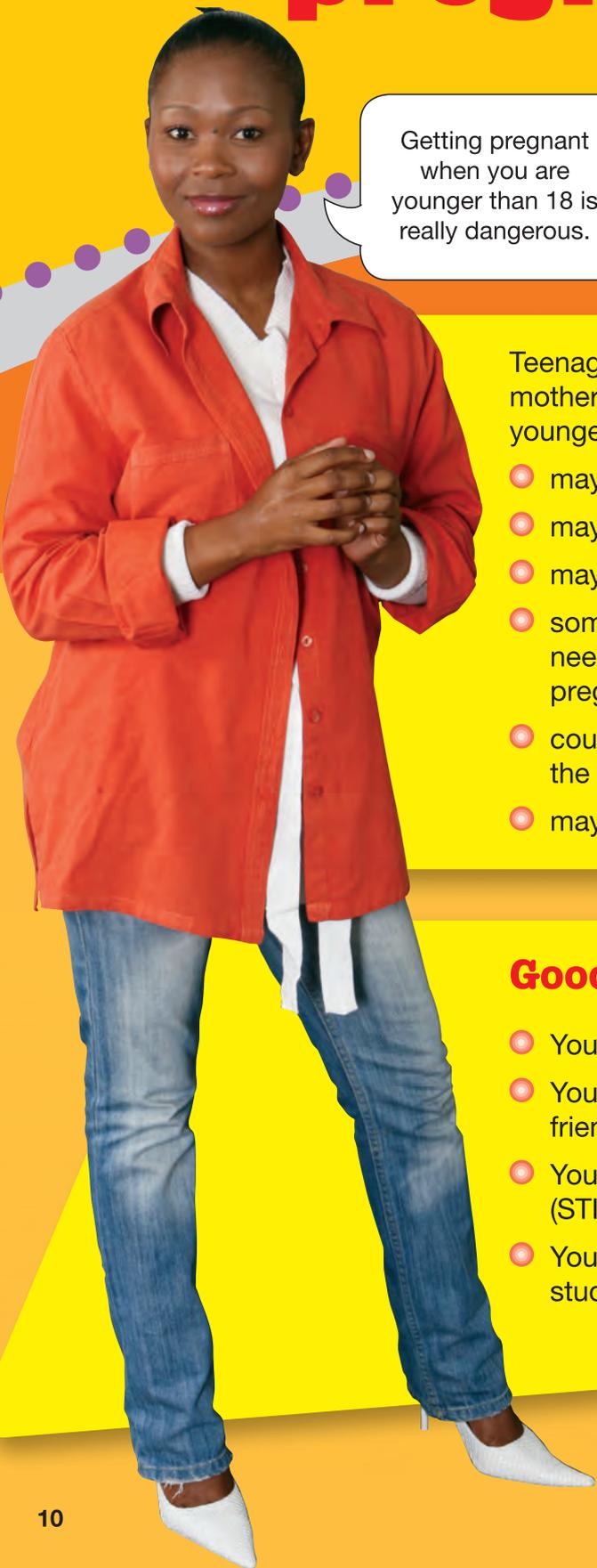


- adopt**
- uku-adoptha
  - ukwamkela umntwana njengowakho
  - ananela kgodiso ka molao
  - aan te neem



You can find out more about infertility in the Soul City book *Know your body – your reproductive health book*.

# Youth & pregnancy



Getting pregnant when you are younger than 18 is really dangerous.

Teenage pregnancy can be dangerous for both the mother and her baby. Pregnant women who are younger than 18:

- may have their babies before the correct time
- may have babies that are smaller than usual
- may have difficult births
- sometimes don't get the health care they need because they feel ashamed that they are pregnant
- could leave school and change their plans for the future
- may not be able to care for their babies properly

## Good reasons to delay sex

- You get time to know yourself better.
- You get time to develop long and lasting friendships.
- You are safe from sexually transmitted infections (STIs) and falling pregnant.
- You can explore new hobbies or spend time studying.



Portia was only 15 when she was raped and got pregnant. Like many women who are younger than 18, Portia had problems with her pregnancy and died when she gave birth to her baby.



## Parents can help prevent teenage pregnancy

Talk to your sons and daughters about:

- Why they should wait until they are older to have sex.
- What it means to be a good parent.
- How contraception works.
- How they should always use a condom when they have sex.
- How to say “no” to sex.
- When would be a good time for them to have a child. For example:
  - when they have finished their studies
  - when they have a partner who also wants a child
  - when they are able to be active parents
  - when they can afford the cost of a child

## What can I do if I am pregnant, but don't want a baby?

- Pregnant women in South Africa have the right to have a safe and legal abortion. It can be done until a woman is 20 weeks pregnant (3½ months from her last period). Visit your local clinic or hospital to find out about abortion services. If you are 14 or older, you do not have to tell your parents about the abortion.
- Some people give the baby up for adoption. Speak to your clinic about this during your pregnancy.

### abortion

- khipha isisu
- ukukhupha isisu
- ho ntsha mpa
- aborsie

### adoption

- a-adophwe
- ulwamkelo lomntwana njengowakho
- tumello ya kgodiso
- aanneming



# Healthy pregnancy

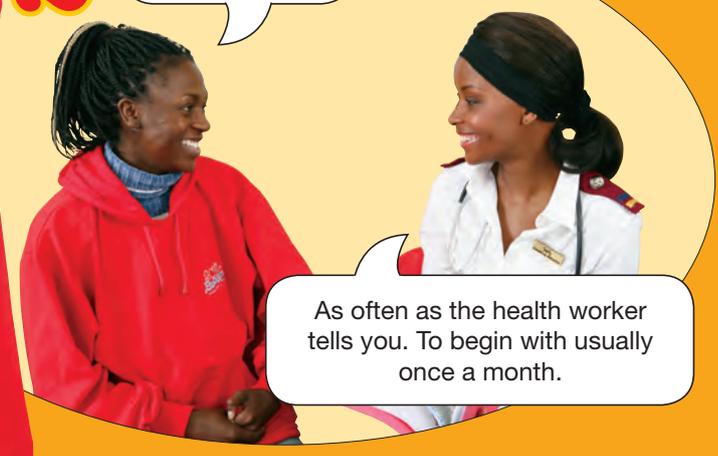
1



I'm Sister Zanele. I'll be your health worker through your pregnancy. Is this your first antenatal visit?

Yes, I heard that you must go to the clinic early in your pregnancy.

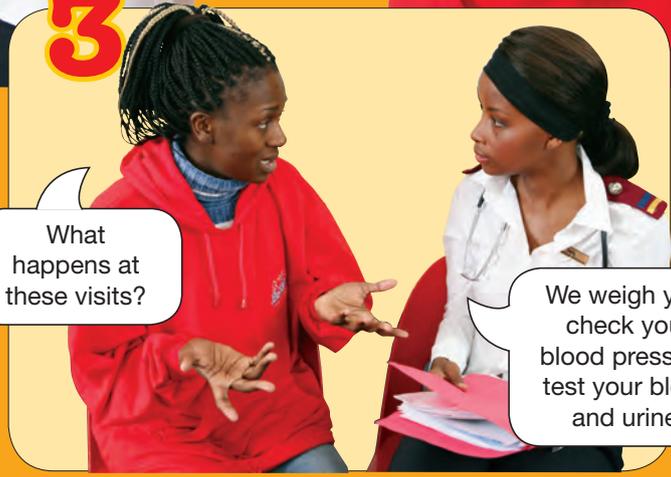
2



How often do I need to come?

As often as the health worker tells you. To begin with usually once a month.

3



What happens at these visits?

We weigh you, check your blood pressure, test your blood and urine.

4



What I am really scared of is giving birth.

It will help you if your partner is there to support you. You can also go for an HIV test together. Talk to him about these things.

5



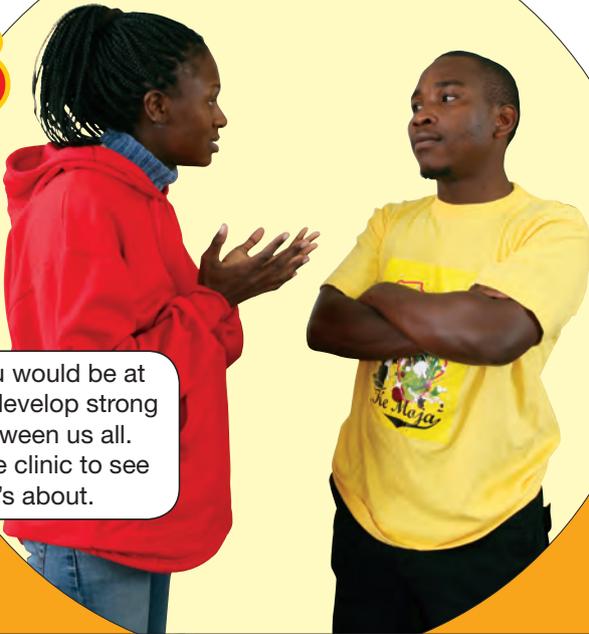
Hi Khotso, I had my first visit to the clinic today with Sister Zanele.

I would really like it if you came with me to the clinic. Zanele says we need to have an HIV test.

That's good, baby. I hope she will teach you lots of things about the birth.

Mmm – I will need to think about this. What else did you talk about?

6



I hoped you would be at the birth to develop strong bonds between us all. Come to the clinic to see what it's about.

7 at the clinic...



Hello Sister – I have thought about Sylvia's pregnancy a lot. We would like to take the HIV test together.

You must still use condoms until you know the result. When you are pregnant, HIV can infect you more easily.

8



The father can learn more about the pregnancy, and arrange transport to the hospital. This helps prevent emergencies.

What else can I do to help Sylvia?

9



You can also come with me to the clinic sometimes, so that we can check how the pregnancy is going together.

Yes, then I will understand more about any other problems you may have.

10



I have decided that I really want to be with Sylvia at the birth. I want to strengthen the family bonds.

You are lucky to have this support, Sylvia.

Thank you, Khotso. I feel so much happier about the birth knowing you will be there.

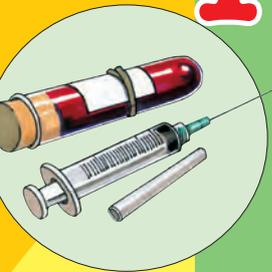
# At the clinic

It is important to go to the clinic as soon as you think you are pregnant.

If you are not sure whether you are pregnant or not, ask the health worker to do a pregnancy test.

If you are pregnant, the health worker will check you to make sure that you are healthy. He or she will:

## 1 Test your blood



- You will be able to be tested for HIV. If you are HIV positive, you need special care. You also need treatment to try to stop the HIV from being passed on to your baby. You can find out more about this on pages 16 – 17.
- Your blood will also be tested to see if you have anaemia (weak blood), syphilis or other problems. These could damage your baby. You will be given the right medicines to treat them.

## 2 Take your blood pressure



- This is to check for high blood pressure that can be very serious for you and your baby.

## 3 Do a urine test

**urine test**  
- ukuhlolwa komchamo  
- umchamo  
- tlhatlhobo ya moroto  
- urientoets

- The urine test checks for high blood sugar (diabetes or sugar sickness).
- It is also to test to see if you have an infection in your urine.

## 4 Weigh you



- This is to make sure that you put on the right amount of weight while you are pregnant.



**Book for your birth at the clinic as soon as you find out you are pregnant. Go back to the clinic as often as your health worker tells you to.**





### When you go back to the clinic the health worker will:

- check that the baby is growing well and in the right place
- listen to the baby's heart
- check to see if there may be problems when you give birth
- teach you how to look after your baby
- tell you when you can expect to give birth
- check to see if you have an STI – you and your partner must get treatment



### Special care when you are pregnant:

Some women need special care when they are pregnant.

Tell your health worker if:

- You are younger than 18 or older than 35 – you will need to visit the clinic more often
- You are HIV positive
- You already have 4 or more children
- You have had other difficult births or operations (Caesars)
- You have had babies who were born too early, too small or who were born dead
- Your baby died while you were pregnant
- You have a child who is younger than 2 years old



**Caesars**

- i-Caesar
- ukubelekisa ngoqhaqho
- o pepile ka opereishene
- keisersnee-operasies

**vagina**

- esithweni sangasese
- ibhentse
- botshehading
- vagina



### There may be danger signs. Go to the clinic immediately if:

- You bleed from the vagina
- You have bad headaches (you may have high blood pressure)
- You vomit a lot
- You have a high fever
- Your legs are swollen
- Your baby's kicks slow down or stop
- You have problems with your eyes (the way you see)



**vomit**

- uyaphalaza
- ukugabha
- hlatsa
- vomeer

**fever**

- unemfiva
- ifiva
- feberu
- koors

# HIV & AIDS and pregnancy

If a pregnant mother is HIV positive, she can pass the HIV on to her baby during pregnancy and birth, and when breastfeeding.

But **not all** HIV-positive mothers will give birth to babies who are HIV positive. Only one in three babies get infected.

An HIV-positive mother is more likely to pass on the virus to her baby if:

- She is sick with an AIDS illness while she is pregnant.
- She gets infected or re-infected with the virus while she is pregnant.

**For more information and personal advice, phone 0-800-MOTHERS  
(0-800-668-4377)**

## viral load

- mthamo wegciwane egazini
- umthwalo wentsholongwane
- bongata ba vaerase
- virale-lading-toets

# 1

## When you are on anti-retroviral treatment (ART) and are thinking about having a baby:

- Some ARTs can seriously harm an unborn baby. Talk to your health worker or doctor before you get pregnant. You may have to change your medicine.
- It is better not to get pregnant until the level of the HIV in your blood is so low that it does not show up on a viral load test. Your body then has a chance to get stronger before you get pregnant.



ART is not a cure for HIV and AIDS, but these medicines will help to control the HIV in your body. If you take them at the same time every day, they will help you to live a longer, healthier life.



# 3

## When you are in labour and after the birth:

- Women who are pregnant and HIV positive should be given a short course of ART when they are in labour.
- The baby will also be given this medicine in the first 3 days after birth.

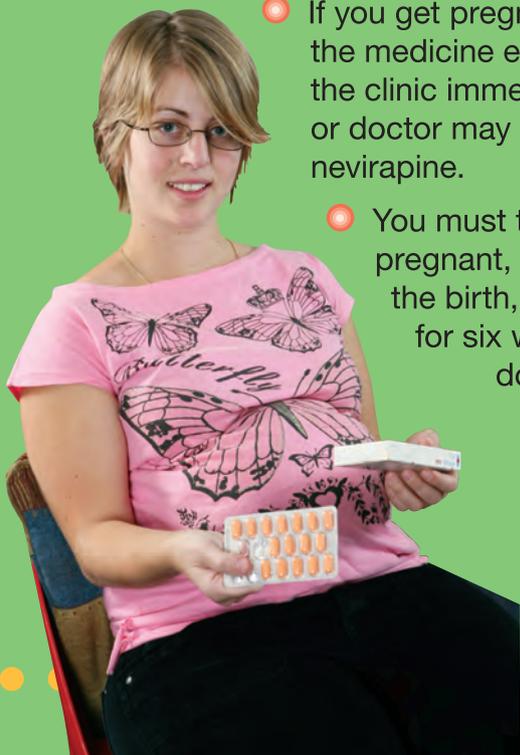
These medicines help to stop the HIV from being passed on to the baby. Ask your health worker for more information about the Prevention of Mother-to-Child Transmission Programme (PMTCT) in your area.



# 2

## When you are on anti-retroviral treatment (ART) and are pregnant:

- If you have a viral load that is above 1000, or you are sick with an AIDS illness, your doctor may put you onto ART. It is best to start ART after 12 weeks of pregnancy.
- If you get pregnant and are taking the medicine efavirenz (Stocrin), go to the clinic immediately. The health worker or doctor may need to change this to nevirapine.
- You must take your ART while you are pregnant, in labour and after the birth. After the birth, visit your health worker every week for six weeks. This is to check how you are doing on the ART. It is also to see how you are feeding your baby.



# Looking after yourself

Everything you eat, drink or smoke goes from your body into your baby. Because of this it is important:

- Not to drink alcohol when you are pregnant
- Not to take any medicines or herbs unless your health worker gives them to you
- Not to smoke

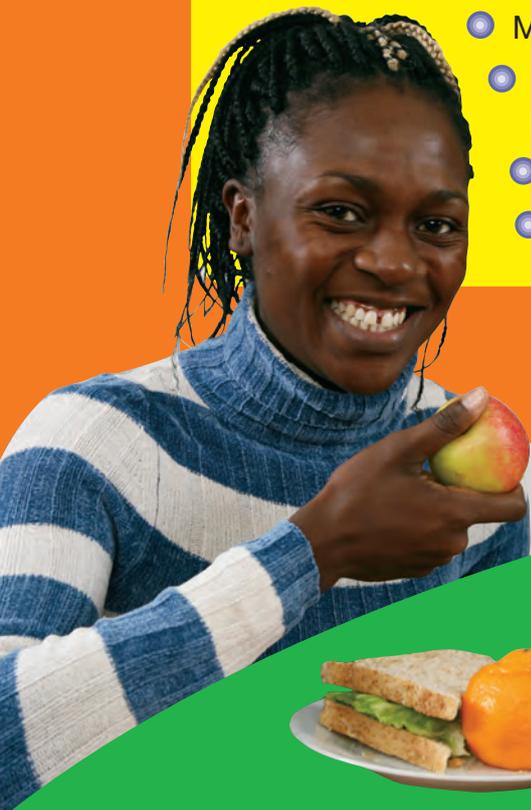
**constipation**  
- ukusongeleka  
- ukuqhina  
- ho pipitlwa  
- hardlywigheid

# 1

## Eat healthy food

- Eat plenty of fruit and vegetables. These foods help to fight sickness. They also help to prevent constipation.
- Eat starchy foods like brown bread, brown rice, pap and samp at most meals. These foods give us energy.
- Eat beans, lentils, soya mince, meat, chicken, fish, milk and eggs. These foods build the body and help to keep us strong.
- Maas or yoghurt help us to digest our food.
- Use small amounts of fat such as butter, oil, margarine, nuts and peanut butter.
- Drink lots of clean water.
- Use very little salt.

**starchy**  
- okunestashi  
- okunesitatshi  
- setatjhe  
- styselkos





## 2

### Exercise is important

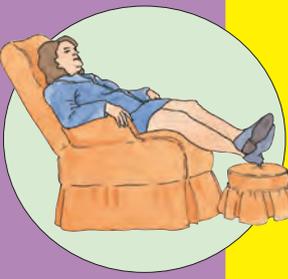
- You should try to have gentle exercise when you are pregnant. This will help to keep you strong.
- Fast walking is a good form of exercise.

## 3

### Take time to rest

Women who are pregnant need support from their families to stay strong and healthy. If you are pregnant, try to:

- Get extra rest, especially in the last few months.
- Sit with your feet up during your lunch break.
- Go to bed early so that you can sleep for 8 hours.
- Ask your partner, a friend or family member to care for your other children so that you can rest.



## 4

### Always use a condom

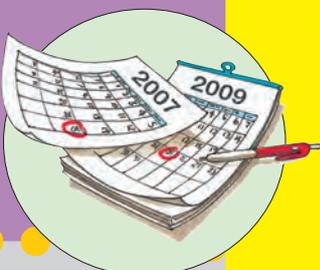
- You have a bigger chance of getting HIV from sex when you are pregnant.



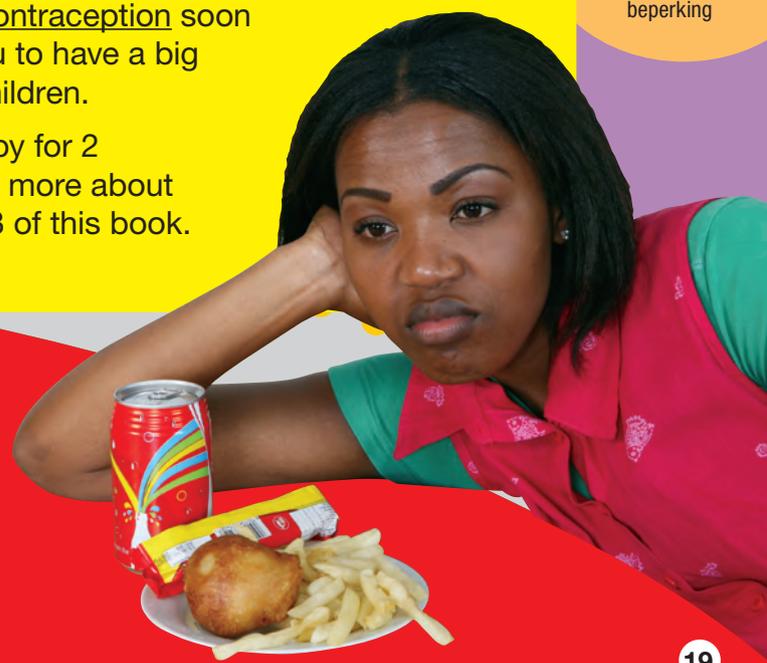
## 5

### The two-year rule

- Your body needs two years or more to get strong before you get pregnant again.
- Talk to a health worker about contraception soon after the birth. This will help you to have a big enough space between your children.
- You should breastfeed your baby for 2 years or more if you can. Read more about breastfeeding on pages 22 – 23 of this book.



**contraception**  
 - zokuhlela  
 - ucwangciso  
 - dithibelapelehi  
 - geboorte-  
 beperking



# Planning the birth



I am very scared about the birth. Will you be there to help me?

Yes I will. It will be easier if I am there to help and support you.

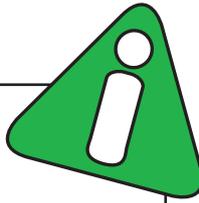
## **A husband or partner who cares will do the following:**

- Your partner must use a condom if either of you is HIV positive. You need to use a condom every time you have sex so that you do not get infected or re-infected with the HIV virus.
- He can support you by going with you to the clinic for check-ups.
- He can encourage you to eat healthily, and help you to rest.
- He can find a way to get you to the clinic in time for the birth. Together you can organise a taxi and pay in advance.
- He can be there to support you when you give birth.

### **in advance**

- kusen-esikhathi
- kwangaphambili
- pele
- vooruit

# Your rights



All pregnant women have the right to the following:

- ✓ To be given time off work to visit the clinic.
- ✓ To have maternity leave and job security.
- ✓ To be given correct information about their health.
- ✓ To ask the health workers if they don't understand anything.
- ✓ To complain if they get bad service from their clinic or hospital.
- ✓ To get health care and to give birth safely in a clean hospital or clinic.
- ✓ To be treated with dignity and respect while they give birth.
- ✓ To be given special care if there are problems with the birth.
- ✓ To have free health care for themselves and their baby after the birth.
- ✓ To be given information about contraception so that they don't fall pregnant again too soon after their birth.



## maternity leave

- ne-maternity leave
- ikhefu lobudlezana
- lifi ya ho pepa
- kraamverlof

## job security

- nokuvikeleka komsebenzi
- ukukhuseleka komsebenzi
- bolokelwe mosebetsi
- werksekuriteit



## Violence against women

This is a big problem in South Africa. Abuse during pregnancy can harm the mother and the baby. Learn all you can about violence against women. Talk to others about it. Find out about places that can help, or phone the **Violence Against Women Helpline on 0800-150-150** for more information.

# Breastfeeding

## Breast is best

- It is free.
- It is clean and takes no time to prepare.
- It protects your baby against sickness and helps him or her to grow.
- It has everything your baby needs for the first 4 to 6 months.
- It brings you closer to your baby.

It is best to carry on breastfeeding for at least the first 2 years of a child's life. You can start giving solid foods from 4 to 6 months. If you are HIV positive and are on ART, you can breastfeed safely for at least 6 months. For more information or personal advice, phone 0-800-MOTHERS (0-800-668-4377).

### solid foods

- ukudla okuqinile
- ukutya okuqinileyo
- dijo tse tiileng
- vaste kos

### rewarding

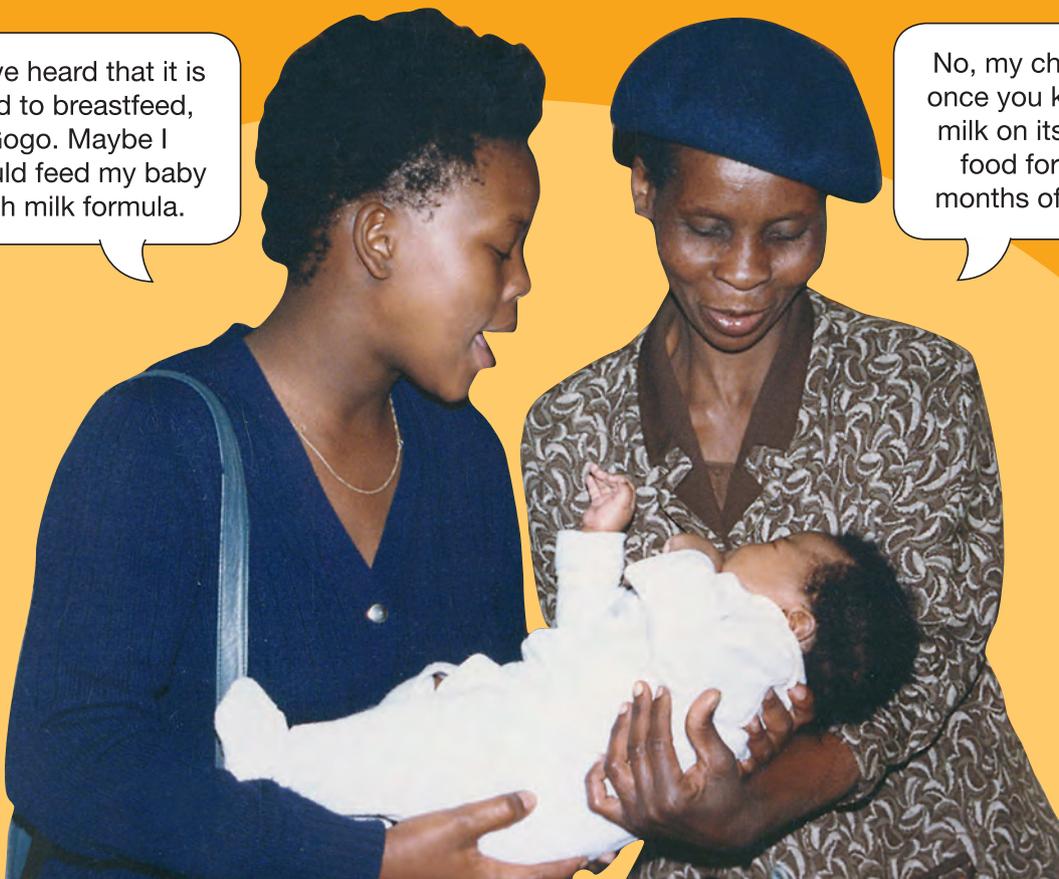
- kunomvuzo
- kunomvuzo
- ho a putsa
- belonend



**Breastfeeding is easy and rewarding when you know how to do it. Ask a health worker, a friend or family member who has breastfed before, to help you. There are lots of people who can give you help and advice. See the list on pages 32 and 33.**

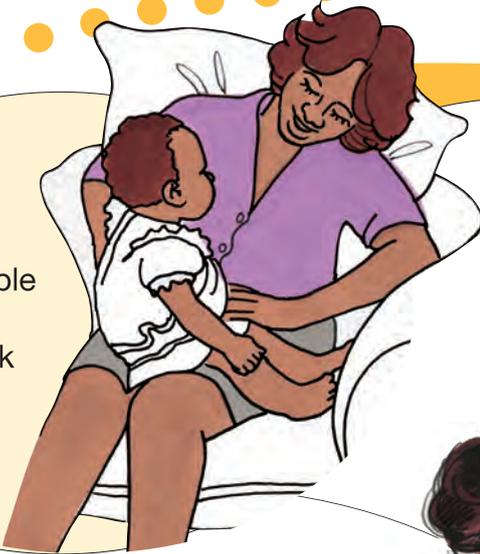
I have heard that it is hard to breastfeed, Gogo. Maybe I should feed my baby with milk formula.

No, my child. It's very easy once you know how. Breast milk on its own is the best food for the first 4 to 6 months of your baby's life.



1

Get comfortable so that your baby can drink easily.



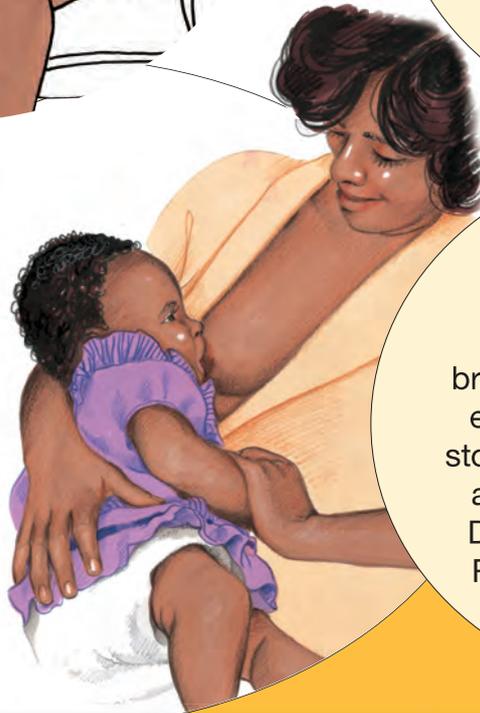
2

Loosen your clothing. Hold your baby very close.



3

Make sure your baby takes a large mouthful of the breast, not only the nipple. This will help to stop your nipples from getting sore.



4

The baby will come off the breast when he or she has had enough milk. Your baby may stop sucking a few times during a feed, and then start again. Do not worry. This is normal. Remember it is important to wind (burp) your baby.

**nipple**  
- ingono  
- ingono  
- tlhoko  
- tepel

**wind**  
- bhodlisa  
- ukubhodlisa  
- bohliisa  
- winde uit te vryf

### When to breastfeed

- Feed your baby often during the day and the night in the first weeks.
- Feed your baby whenever he or she is hungry.
- After a few weeks, you will both settle into more regular feeding.

**regular**  
- ngokuhlelekile  
- okuqhelekileyo  
- tse tlwaelehileng  
- gereelde

### Do not give up

- Breastfeeding becomes easier with time, patience and practice.
- Almost all mothers have enough milk for their babies. The more you feed your baby, the more milk your breasts will make.
- When your child cries a lot, people say you that you do not have enough milk. But babies cry for many reasons. The only way to know if you have enough milk is to check if your baby is gaining weight at the clinic.

**patience**  
- ukubekezela  
- umonde  
- mamello  
- geduld

**practice**  
- nokuzama  
- ukuziqhelisa  
- itlwaetsa  
- oefening

# HIV & AIDS

## and feeding

### Safe feeding choices for your baby

There are three ways to stop the HIV virus from being passed on from an HIV-positive mother to her baby during feeding. Talk to a health worker about your choices or phone 0-800-MOTHERS (0-800-668-4377) for more information.

# 1

# or

# 2

# 0

### Breastfeed ONLY for 6 months

- Do not give any other food until your baby is 6 months old. This can make tiny sores in the baby's stomach that make it easier for HIV to get into the baby's body.
- Stop breastfeeding completely when your baby is 6 months old.
- Then give your baby cows milk mixed with boiling water. You can also give milk formula instead of cows milk (read the opposite page). Give this until your baby is one year old. Then you can give cows milk without water.
- At 6 months you can start to give your baby soft porridge.

**stomach**  
- esiswini  
- isisu  
- maleng  
- magie

**heat**  
- ukushisa  
- ubushushu  
- motjheso  
- hitte



### Express your breast milk and heat it

- Squeeze the milk from your breasts. Put the milk into a clean jar.
- Boil a pot of water. Put the jar of breast milk into the pot of hot water. Leave it for 20 minutes. The heat will kill the HIV virus.
- Feed the cooled breast milk to your baby with a clean cup and a spoon. Read the opposite page for how to clean the cup and spoon.
- You should only give your baby this expressed and heated breastmilk. Do not give your baby any other food until he or she is 6 months old.





r

3

### Feed your baby with milk formula instead of breast milk

- Many hospitals and clinics give free milk formula to mothers who are HIV positive until the baby is 6 months old. Ask your health worker about this.
- But milk formula can be dangerous. A lot of babies die from diarrhoea because their milk formula has been mixed with dirty water and put into dirty bottles. Other babies die because their milk formula has not been correctly mixed.
- Never share milk formula with another baby. Your baby needs milk formula that has been correctly mixed. If the milk is too weak, your baby will not grow and gain weight properly.

#### milk formula

- ubisi lwethini
- ubisi olwenziwayo
- lebese la bana la phofo
- melkformule



#### diarrhoea

- uhudo
- urhudo
- letshollo
- diarree



### Making milk formula



- Boil some clean water for a few minutes. Clean water comes from a tap, protected spring or well. If you do not have clean water, it is better to breastfeed your baby.
- Cover the boiled water and let it cool.
- Mix the right amount of milk formula with the right amount of water. Follow the directions on the tin. If you are not sure how much to use, ask your health worker.
- Only feed your baby with the milk formula using a cup and a spoon.
- First scrub the cup and spoon with hot water and soap. Then boil them. A cup and spoon is easier to keep clean than a bottle.



### Mixing cows milk

- Mix 100 ml cows milk with 50 ml boiled, cooled water.
- Then add 2 teaspoons sugar.
- Feed your baby with a clean cup and spoon.



#### REMEMBER

Don't keep mixed milk that the baby hasn't drunk.

# Breastfeeding problems

## **“Should I stop breastfeeding if my baby is sick?”**

- No, breast milk will help your baby to get better. So you should try to breastfeed more often while your baby is sick.

## **“And what happens if I get sick?”**

- You should continue to breastfeed your baby. Only stop breastfeeding if your health worker tells you to.
- Try to get someone to help you with your shopping or your housework while you are sick.
- Drink lots of clean water. This will help you to make enough milk.

## **“If my baby cries a lot, does that mean he or she is hungry?”**

- Crying does not always mean that your baby is hungry. Offer the breast when your baby cries. But if this does not help, look for other reasons. Your baby may need a clean nappy or may be too hot or too cold.

## **“But how will I know if my baby is not getting enough milk?”**

- You will know your baby is hungry if he or she does not gain weight.
- Your baby should also be wetting 6 nappies or more every day.
- If this is not happening, get help from a health worker.

## **“What can I do to help my body make milk?”**

- Eat well and rest when you can.
- Drink lots of clean water.
- Breastfeed often to help build up your milk supply.





## “I have just started breastfeeding and my breasts are hard and sore. What should I do?”

- They are hard and sore because they are too full of milk. This is not dangerous. If you breastfeed a lot, they will go soft again. You can also squeeze milk from your breasts into a cup. This is called expressing your milk. It may be easier to do this in a hot bath.
- Soak a clean cloth in warm water and put it over your breast before you feed your baby. After you have breastfed, soak the cloth in cold water and put it over your breast.
- Cabbage leaves can also help. Put a cabbage leaf into your bra after you have fed your baby. Keep it there until you feed again.

### expressing

- ukukhama
- ukukhama
- hama
- uitmelk

### responsibilities

- banemisebenzi
- imisebenzi
- boikarabelo
- verantwoorde-likhede

### effort

- nokuzikhandla
- inzame
- boikitlaetso
- moeite

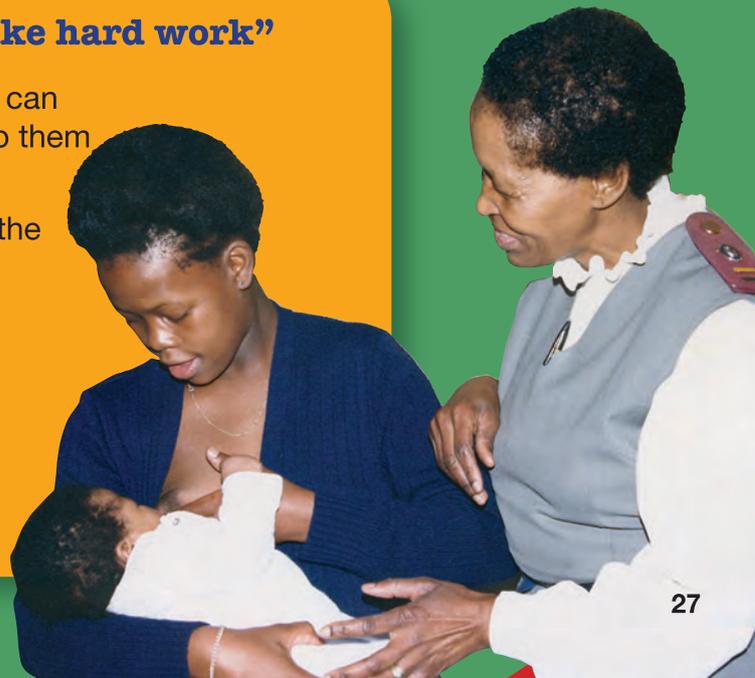
## “And what happens if my breasts are sore with cracked nipples?”

- Don't stop breastfeeding. Feed your baby smaller amounts more often.
- Express a small amount of milk onto cotton wool or clean toilet paper. Wipe your nipple with this after each feed.

## “Sometimes breastfeeding just feels like hard work”

Women have many responsibilities. Breastfeeding can take time and effort. Mothers need support to help them breastfeed well.

- Ask your partner, family or friends to help with the household jobs.
- Ask someone to look after your other children for a while, so that you can rest or breastfeed in peace.
- Plenty of rest will help make plenty of milk for your baby.



# Breastfeeding problems



**“I am worried that my milk is too weak. Is it better to buy milk formula?”**

- No, your breast milk is best for your baby. It is the best food for small babies and is never too weak.
- Milk formula costs money and breast milk is free. Babies also like the taste better.

**“My baby is 2 days old and only yellow milk comes out of my breasts. Is this milk bad?”**

- This yellow milk is very good because it can stop your baby from getting sick. Breastfeed as soon as possible after the birth so that your baby gets this milk.
- Do not give your baby water or milk formula instead of this yellow milk.

**“I have heard that expressed milk is dirty, and will make my baby sick.”**

- Expressed milk is not dirty. It is much better for your baby than milk formula. It will help your baby not to get sick. It is also free.
- Feed the expressed milk to your baby with a clean cup and a spoon.



**Go to the clinic immediately if:**

- You get sores on your breasts or nipples.
- Your breasts stay very hard or swollen. There may be an infection.
- Your breasts get lumps in them.
- You get a fever or feel sick.

## **lumps**

- anezigaqa
- amaqhuma
- dikgwelesa
- klonte

# Breastfeeding and work

**child minder**  
 - okubhekela ingane  
 - impelesi  
 - mohlakomedi wa lesea  
 - kinderoppasser

**“How can I go on breastfeeding now that I have to go back to work?”**

**1**



You don't have to stop breastfeeding. Breastfeed in the morning before you go to work.

**2**



Express some extra milk. You don't have to keep it in a fridge, but keep it covered and in a cool place.

**3**



Your child minder can give this expressed milk to your baby with a cup and a spoon – not in a bottle. If you find it very hard to express, talk to your health worker about other ways to feed your baby while you are at work.

**4**

Rest during your lunch break. You may need to express more breast milk into a clean jar if your breasts get sore and full.



**5**

Breastfeed when you get home and when your baby wakes at night. You will find this easier if your baby sleeps close to you.



**encourage**  
 - khuthaza  
 - khuthaza  
 - kgothaletsa  
 - moedig aan

**crèches**  
 - ama-khreshi  
 - iikretshi  
 - dikiritjhi  
 - crèche



- Help family members and women in the community who have just had babies.
- We must fight for our right to maternity leave. Fathers also need time off work when they have a new baby.
- Encourage fathers to care for their children from the moment their partner is pregnant.
- Employers must make it easier for women to carry on breastfeeding when they return to work. Women need time and a place to express and store their breast milk. Or they need crèches so that they can breastfeed at work.
- We can work together to form support groups in our community, at work and in our unions.



# Healthy babies



## Weighing your baby

- A healthy baby will gain weight (get heavier) all the time. If your baby loses weight or does not gain weight, you know that something is wrong.
- To make sure that babies are healthy, they should be weighed every time they are immunised. After that, they should be weighed every 2 to 3 months until they are 2 years old.
- The health worker will check your baby's weight on the Road to Health Card.

### gain

- siyanyuka
- ukukhula
- kobunzima
- eketseha
- gewig optel

## Babies who are HIV positive

These babies may not always gain weight because they:

- need to eat more food
- need to be given vitamins
- have an illness that needs treatment

Babies who are HIV positive and sick, may need to start anti-retroviral treatment (ART). Once they start ART, they will usually gain weight and live a normal, active life. To find out more, read the Soul Buddyz booklet: *Parents, children and anti-retroviral treatment.*





## All babies should be immunised

Babies should get their first immunisation at the clinic or hospital when they are born. After that they should be taken to the clinic when they are:

- 6 weeks
- 10 weeks
- 14 weeks
- 9 months
- 18 months
- 6 years
- 12 years

Your baby should have **all** his or her immunisations. It is never too late. Your baby can be immunised at any age, but it is better to do it when he or she is young. Immunisation protects babies from dangerous illnesses.

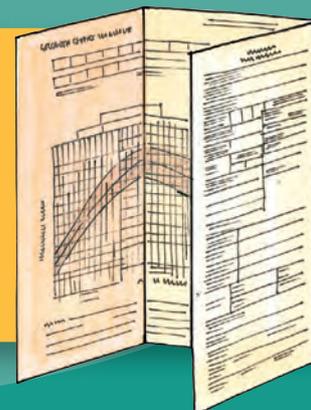
**dangerous**  
- eziyingozi  
- eziyingozi  
- kotsi  
- gevaarlake

## Important things to know about immunisation

- It is free.
- It is safe to immunise babies even when they are sick.
- Some babies get a little bit sick after they have been immunised. Sometimes they cry, get a rash, a fever or a small sore. The sickness is not dangerous and your baby will be better in about 3 days. While your baby is sick, give him or her plenty to eat and drink and carry on breastfeeding.
- All babies should be immunised, but it is even more important for babies who are HIV positive.

## Road to Health Cards

- Every mother gets a Road to Health Card when her baby is born. It is very important to record the immunisations and the baby's weight.
- Take it with you every time you go to the clinic.



**to record**  
- ukuqopha  
- ukubhala phantsi  
- ngola fatshe  
- aangeteken



# Places to help mothers2mothers

is a programme that aims to prevent passing HIV from pregnant mothers to babies.

- Are you HIV positive and pregnant?
- Are you worried about the health of your baby?
- Do you want to know how you can prevent giving the virus to your baby?

**Call 0-800-MOTHERS (0-800-668-4377) TOLL FREE and speak to one of our mentor mothers. These mothers are just like you – they are HIV positive and MOST of them have given birth to healthy HIV-negative children.**

**They will answer all your questions including:**

- How can I save my baby from HIV?
- How can I have a safer pregnancy to reduce the chance of me passing the virus on to my child?
- There is treatment to protect my baby – what are these drugs and how do they work?
- How do I safely feed my child, using a bottle or a breast?
- How do I tell my partner or my family and friends that I am HIV positive?



HIV-positive mothers CAN give birth to HIV-negative babies. Education can help prevent you from giving the virus to your baby. CALL 0-800-MOTHERS now for confidential advice and information.



## Provincial VCT Co-ordinators

### NATIONAL VCT UNIT

Pretoria  
Tel: (012) 312-0124

### EASTERN CAPE

Bisho  
Tel: (040) 609-3577

### FREE STATE

Bloemfontein  
Tel: (051) 409-8496/87

### GAUTENG

Johannesburg  
Tel: (011) 355-3024/29

### KWAZULU-NATAL

Pietermaritzburg  
Tel: (033) 395-2111

### LIMPOPO

Polokwane  
Tel: (015) 290-9000

### MPUMALANGA

Nelspruit  
Tel: (013) 766-3319

### NORTH WEST

Mafikeng  
Tel: (018) 397-2600

### NORTHERN CAPE

Kimberley  
Tel: (053) 830-0706

### WESTERN CAPE

Cape Town  
Tel: (021) 483-5751

**Aids  
Helpline**  
**0800 012 322**

## Other organisations

### The Perinatal HIV Research Unit

Chris Hani  
Baragwanath Hospital  
Tel: (011) 989-9700

### South African Sexual Health Association

Tel: 0860 100 262

### FAMSA National Office

Tel: (011) 975-7106/7

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It is not possible, in a small booklet like this, to give you all the answers you may need. The purpose of this booklet is just to give you some ideas. You should not rely on everything that is written in this book for each and every situation. If you need more information, speak to one of the organisations on this page. Soul City and Jacana cannot be held responsible for any medical problems.

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# Beyond HIV and AIDS there's hope.

The OneLove campaign is spreading its message of staying with one partner for the greater good of South Africans and all the people of Southern Africa. Soul City Institute of Health and Development Communication believes this is one way that HIV and AIDS can be defeated. Having multiple sexual partners increases your chances of becoming infected with HIV and hurting the ones you love. BP supports this initiative because we're committed to building a healthy, successful nation.

