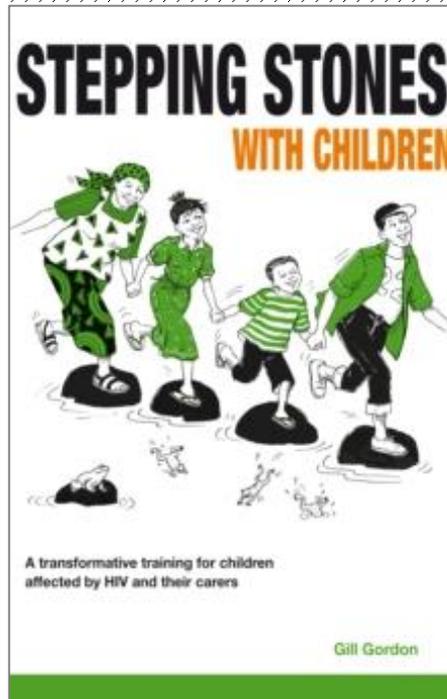


## Handouts for *Stepping Stones with Children*



This *Handout for Stepping Stones with Children* is to be used with the *Stepping Stones with Children* training manual published by Practical Action Publishing, 2016.

You can download this handout for free for use with this training manual from the [www.stepsstonesfeedback.org](http://www.stepsstonesfeedback.org) website.

On this website there are also many other resources to support you with this training manual and the original *Stepping Stones* training manual.

*Stepping Stones* and *Stepping Stones Plus* as well as *Stepping Stones with Children* are both programmes created and supported by Salamander Trust, [www.salamandertrust.net](http://www.salamandertrust.net)

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## **PARTNERS IN HEALTH CARE**

### **1. Tips for supporting children when going to the HIV clinic**

Before the visit, prepare children by:

- Explaining why they are going, how it will help them, and what is likely to happen;
- Telling them the truth in a simple way that they can understand;
- Explaining if you will need to be separated;
- Exploring any fears they have and answering their questions.

During the visit try to make it as pleasant as you can:

- To help make waiting more fun, take food and drink, books to read, or paper and crayons, or toys. Be ready to play some games too!
- Try to role model being positive and assertive when you communicate with health workers.
- Try to include the child; if a health worker talks to you and ignores the child, repeat what they've said to the child and ask the child to respond.
- Encourage the child to interact, and give them praise.

If you need to be separated:

- Give the child something of yours to hold onto, for example, a face cloth or scarf.
- Tell them when the visiting hours are, and when you will come. Keep your promises!
- Assure them that when they are better you will bring them home.
- When it comes to saying goodbye, go calmly and quite quickly. Prolonged goodbyes can make children more upset.
- Be compassionate if the child is upset when you visit. Explore their feelings and talk about the virtues they have to give them strength.

After the visit:

Talk about it the visit with the child. For example: 'How did you feel when...? Was there any thing that made you feel anxious or scared? What could we do next time to make it easier? How has the visit helped us?'

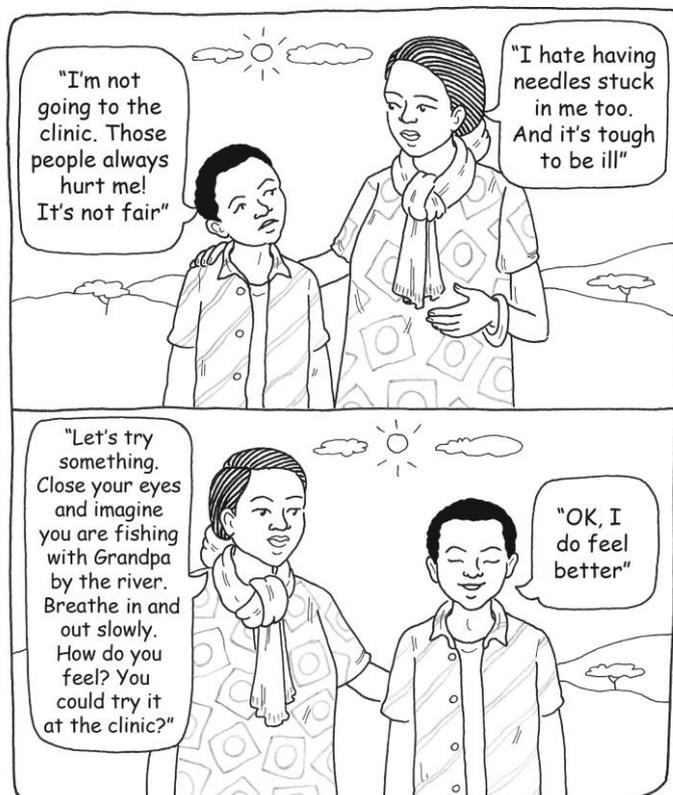
### **2. Tips for coping with having blood taken**

Many of us can get anxious or frightened about things such as blood tests and injections. Children may be overwhelmed by big feelings, and even run away from the clinic. But sometimes doctors need to look at our blood to see what germs are making us sick. They also use regular blood tests to check our health, for example, how our immune system is working. So you

can explain to a worried child how the needle is going to help them to get well, and how they will have plenty of blood left.

Ways of coping with having blood taken include:

- Relaxing all our muscles, so nothing is feeling tight.
- Breathing slowly and deeply, and thinking of something enjoyable.
- Asking for anaesthetic cream to stop it hurting.
- Remembering that we usually only feel a sharp scratch at the start, and that it's over quickly.
- Distracting ourselves while the nurse is taking blood by looking elsewhere, counting down from 100, listening to songs or stories, or chatting.
- Building our confidence by talking about using our virtue of courage, and use the wheel of awareness to stay on our hub.



### 3. Rights related to health services

Everyone in the world has the right to good quality, non-judgemental health services, whether we are children or adults, men or women, rich or poor, single or married, with HIV or not.

In many countries, policies and laws exist to protect these rights. We all have a responsibility to advocate for HIV services and encourage people, including children, to access them.