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**Goals**

* + To increase understanding among mothers who are sex workers of the physical, intellectual, social, and emotional developmental milestones of children
  + To strengthen parenting skills to nurture and support childhood development within the context of maternal sex work
  + To increase mothers who are sex workers’ ability to prevent, recognize, and mitigate common maternal and child health risks
  + To increase sex workers’ sense of empowerment and confidence in their ability to be good mothers, supporting them to thrive both as mothers and sex workers

**Learning Objectives**

*By the end of this session participants will be able to:*

* List possible signs of pregnancy and how to confirm a pregnancy
* Describe what antenatal care is, its importance and purpose
* List healthy and unhealthy behaviors during pregnancy, and the consequences of these behaviors
* List barriers to antenatal care and healthy pregnancy behaviors, and describe ways to overcome these barriers
* Describe how a woman’s body changes during pregnancy and ways to lessen any discomfort as a result of these changes
* List potential complications of maternal and child health during pregnancy and appropriate action to take
* Describe the concept of PMTCT and the steps HIV positive woman can take to lessen the chance of transmission

**Session Preview**

* Help group members talk about common signs of pregnancy
* Introduce the concept of antenatal care and behaviors to promote a healthy pregnancy
* Apply tips on how to have a healthy pregnancy as a sex worker
* Discuss how a woman’s body changes during pregnancy
* Apply ways to lessen any pain or discomfort during pregnancy
* Help group members identify potential complications of maternal and child health during pregnancy and when to seek medical care
* Introduce the concept of PMTCT
* Discuss the experience of delivery and post-delivery and ways to lessen common discomforts during these periods

**Materials Needed**

* Flip chart paper
* Marker for facilitator
* 1 yellow, 1 red, and 2 black markers
* Tape
* Flip chart paper taped together that is big enough to trace a human body
* White t-shirt
* Small pillow
* Empty beer can
* Flip Charts:
  + Flip Chart 1 - Extra Special Care
  + Flip Chart 2 - Warning Signs
  + Flip Chart 3 - After Birth
* Game Sheets:
  + Game Sheet 1 - Clinic and Thandi’s House

**Preparation Needed**

* Arrange chairs in a circle
* Tape enough flip chart paper together so a human body can be traced on the paper
* Ask a nurse from TB/HIV Care to be present for this session.
* Write/draw out the following materials before the session begins:
  + Flip Chart 1 - Extra Special Care
  + Flip Chart 2 - Warning Signs
  + Flip Chart 3 - After Birth
  + Game Sheet 1 - Clinic and Thandi’s House
* Tape Game Sheet 1 - Clinic (right side) and Thandi’s House (left side) to the wall

**Instructional Time**

120 minutes (2 hours)

**Activity Minutes Needed**

1. Introduction……………………………………………………………....…..…10 minutes
2. Healthy Mother, Healthy Baby………………………………………….…...…35 minutes
3. Growing Belly and Baby…………………………………………………....…..15 minutes
4. Pregnancy Complications…………….…………………………………………20 minutes
5. HIV and Pregnancy…………………………………………………………..…20 minutes
6. Delivery and Post-delivery……………………………………………………...15 minutes
7. Closing………………………………………………………………………...…5 minutes

The following pages contain material that was taken verbatim or adapted from Soul City’s *Depression: You can beat it* booklet with permission[1]:

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The following pages contain material that was taken verbatim or adapted from Soul City’s *Mother and Child Care* booklet with permission[4]:

179-180, 189, 193, 196-197, 199, 201-204, 207

**Activity A**

Introduction

**Preparing for the Activity**

**Purpose**

To welcome group members and list signs of pregnancy.

**Materials**

**Time**

10 minutes

**Procedure--------------------------------------------------------**

* Welcome the group members back by saying:

Welcome to our fourth meeting of Mothers of the Future! Last week we talked about abortion, foster care, and adoption. This might have been hard for some of us, so I’m glad to see those of you who were able to make it to today’s session.

Today we’re going to talk about being pregnant and choosing how to deliver the baby. Let’s pretend that our friend Thandi thinks she might be pregnant. Thandi is 22 years old and has been a sex worker for 3 years. One day she’s having sex with her boyfriend and the condom breaks. Thandi calls us to tell us what happened. She’s thinks she might be pregnant, but isn’t sure how she can tell. What would you tell Thandi are some signs that she could be pregnant? Let’s go around in a circle and each say one sign Thandi could be pregnant. This can be something you or a friend experienced when pregnant. I’ll start. One sign Thandi could be pregnant is if she starts feeling like she has to pee all of the time.

* Go around the circle and let each group members say a sign of pregnancy. End this activity after everyone gets a chance to talk. If someone cannot think of a sign of pregnancy, offer one of the answers listed below. If a group member says something that’s wrong, correct her nicely and explain why that is not a sign of pregnancy.
* Answers **could** include:
  + Missed period, meaning her period stops
  + Slight bleeding, meaning she bleeds a little bit from her vagina even though she is not on her period
  + Cramping, meaning her belly feels tight
  + Dizziness
  + Constipation, meaning it is hard to poop
  + Craving or really wanting certain foods
  + Feeling really disgusted by certain foods
  + Headaches
  + Being bloated
  + Feeling tired for no reason
  + Upset stomach or vomiting
  + Mood swings (going from happy to sad very quickly)
  + Sore or swollen breasts

If Thandi has one of these signs, it certainly does not mean she is definitely pregnant, but it could be an early warning sign. For most women, missing a period is a common sign they are pregnant. However, women can sometimes also miss their period if they are sick, worried, or stressed. Missing a period or having any of the signs we just listed does not definitely mean Thandi is pregnant. The only way to be sure she is pregnant is to take a pregnancy test. A pregnancy test is a special stick that Thandi can pee on and it will tell her if she is pregnant or not. The clinic at SWEAT has pregnancy tests for free, so you could tell Thandi about this service. All of you can get free pregnancy tests from SWEAT too, so please tell me or one of the nurses if you ever want or need to take one.

**Activity B**

Healthy Mother, Healthy Baby

**Preparing for the Activity**

**Purpose**

To introduce the concept of antenatal care and other ways to have a healthy pregnancy.

**Materials**

* Flip chart paper
* 1 black, red, and yellow marker
* White t-shirt
* Small pillow
* Empty beer can

**Time**

30 minutes

**Procedure--------------------------------------------------------**

* Start the activity by saying:

Thandi took our advice and came to SWEAT to get a pregnancy test. She found out that she is pregnant and has decided to give birth to her child. Thandi is very excited, but also scared. This is her first child and she doesn’t know much about having a healthy pregnancy or giving birth. She is still working as a sex worker and is very busy. She is going to need our help and advice!

After Thandi finds out she’s pregnant, she calls us to tell us the great news! She wants to know when she should go to the clinic for a check-up. Can anyone tell us when Thandi should go to the clinic?

* Let **1 group member** answer the question. If the answer is wrong, start the next section by saying: “Actually…”

It is important to tell Thandi she should go to the clinic as early as possibly in her pregnancy. The health workers at the clinic will help her have a healthy pregnancy and a healthy baby. This is called antenatal care. When Thandi visits the clinic for antenatal care, they will ask her some questions, like her age, when she had her last period, if she has any diseases, and other things like that. It is important she answers all of these questions honestly so the health worker can make sure Thandi and her unborn baby are as healthy as possible.

What are some examples of things the clinic will do to make sure Thandi and her baby are as healthy as possible?

* Let group members talk about this for no longer than **4 minutes**.
* Answers **should** include :
  + Check that the baby is growing well inside of her.
  + Check that the baby is lying in the right place inside of her.
  + Check to see if there may be problems when she has the baby.
  + Teach her how to look after her new baby.
  + Look for any sickness that could damage her baby. They will treat Thandi for those sicknesses.

Thandi takes our advice, and goes to the clinic right away. The nurse gives her some tips about looking after her body while she is pregnant. What do you think are some things Thandi should do to stay healthy during her pregnancy?

* Let group members answer the question and write their answers down on a flip chart. Do not let this go on for more than **10 minutes**.
* Answers **should** include :
  + Get lots of rest, especially in the last few months of pregnancy
  + Eat healthy foods
  + Stay active
    - Having safer sex is a great way to get exercise while pregnant!
  + Do not drink alcohol
  + Do not smoke
  + Do not do drugs
  + Take an antenatal vitamin or multivitamin. It is very important to eat something called folic acid during pregnancy, which is in antenatal vitamins and multivitamins. If you don’t eat enough folic acid while you are pregnant, your baby can be born with defects of the brain and spine. This can cause serious problems for the baby, including death. Ask the health worker which vitamin is best for you, and be sure to only take the medicine the health worker gives you or tells you to buy.
  + Go back to the clinic as often as the health worker tells her to or if you think something is wrong.

These are all really good tips for staying healthy during a pregnancy! Hopefully Thandi will remember that anything she eats, drinks, or smokes goes from her body into her baby. It’s also a good idea to remind Thandi that if she or any of us have questions or don’t understand something, we should ask the health workers at SWEAT or another clinic. They are here to help us be healthy mothers with healthy babies!

After Thandi’s visit to the clinic, she calls us again. She tells us the health worker taught her it’s important to book early at the clinic and go back as often as the health worker says; eat lots of vegetables, fruits, eggs, and milk; rest a lot; and stay away from alcohol, smoke, and drugs. Thandi agrees with everything the health worker says, but tells us she’s a little worried about being able to stay healthy. Even though Thandi wants to visit the clinic again, it can cost a lot of money. Thandi works every night as a sex worker to make money, but she doesn’t make enough to pay for clinic visits. On top of visiting the clinic, Thandi wants to start buying healthy foods, like fruits and vegetables, and baby items, like nappies. Thandi knows that eating healthy and supporting her baby will cost money that she doesn’t have. What advice would you give Thandi about how she can get enough money to pay for antenatal clinic visits, healthy foods, and baby items?

* Let group members talk about this for no longer than **5 minutes**.
* Answers **should** include:
  + Tell clients that she pregnant, which makes her really horny. She can also tell clients being pregnant makes her vagina smell better. Thandi can charge clients a higher price because she can say the sex will be better with a pregnant woman. *[Facilitator’s Note: Ask 2 group members to say what they could tell a client to convince him sex is better with a pregnant woman].*
  + Save any extra money in a bank account, so she will have money when the baby arrives.
  + Apply for social development grants.
  + Get a few more clients. However, it is important to remember that the health of the baby comes first. Thandi must rest more if she wants to have a healthy body and baby. If taking on more clients makes Thandi too tired, it might be best to earn or save money a different way.
  + Try to get an extra part-time job that doesn’t make her very tired.
  + Borrow money from family or friends.
  + Talk to the health workers or people at SWEAT. They might have more ideas about how she can get the health care, food, and baby items she needs.

Those were really good ideas everybody. Thandi listened to everything we told her and was able to save enough money to start buying healthy foods and baby items every week! She also has enough money to visit the clinic again in 3 months, just like the health worker told her to. However, when it’s time for her appointment, Thandi calls us again. She says she knows going to her appointment is important, but she just doesn’t have the time. She is busy working extra hard as a sex worker at night, and she sleeps during the day when the clinic is open. Her appointment is at 10 in the morning. Do you have any ideas to tell Thandi about how she can make time to visit the clinic?

* Let group members talk about this for no longer than **5 minutes**.
* Answers **should** include:
  + Call the clinic and ask to move the appointment to a later time. Thandi could visit the clinic at 4 PM, instead of 10 AM. This would let her sleep in later and she could visit the clinic before she has to go to work at night.
  + If Thandi can save enough money with the ideas we gave her a few minutes ago, she can take one day off of work to visit the clinic. The health of her body and baby have to come first!
  + If the clinic is far away, Thandi could spend the night at a friend’s house who lives closer. If she is closer to the clinic, Thandi can sleep for longer because it won’t take her as much time to get to the clinic.
  + Thandi could do sex work into the morning and have her last client drop her off at the clinic. Then Thandi won’t have to pay to get to the clinic and she will be on time. She can sleep after her visit.

Good thinking, group! Thandi was able to find the time to visit the clinic, but she just called us with another problem. The nurse told Thandi that she should try to get lots of rest when she is pregnant, especially during the last few months she is pregnant. Thandi has been so busy working to save enough money for her baby, she is finding it hard to rest. Do you have any ideas on how Thandi can make enough money, but also get the rest she needs?

* Answers **should** include:
  + Take as many breaks as possible
  + Sit with her feet up
  + Go to bed earlier or sleep in longer
  + Get extra rest on her days off work
  + Take naps in-between clients
  + If a client wants you to stay, offer to take a nap or spend the night with him
  + Pregnant women can continue to have protected sex throughout their entire pregnancy. However, you may find having sex makes you very tired, especially in the last few months of being pregnant. If this is the case, it may be best to plan ahead and not work during the last months of your pregnancy if possible.

Great ideas! Thandi has been resting more with our ideas, but she just called us with one last problem. Before she got pregnant, Thandi smoked cigarettes and weed every day. She also drank alcohol to make it easier to go to the streets. When she visited the clinic, Thandi learned that pregnant women should not smoke anything or drink any alcohol. She is trying to stop smoking and drinking, but it is really hard. She wants to know if you think smoking and drinking will hurt her baby. What do you think?

* Let group members talk about this for no longer than **3 minutes**.

Pregnant women should not smoke cigarettes, weed, hookah, or do any drugs. Pregnant women should also not drink any alcohol. We should remind Thandi that everything she eats, drinks, or smokes goes from her body into her baby. This means even one beer or joint could seriously hurt her baby.

Let’s look at how drinking a beer can hurt a pregnant woman’s baby. Can I get a volunteer who wants to pretend she is pregnant?

* Pick a volunteer from the group.

Thanks for volunteering. Now let’s pretend you are pregnant so we can talk more about the effect that alcohol and drugs has on your baby.

* The facilitator should give the volunteer a white t-shirt to put on over her clothes. She should also put a small pillow under the t-shirt and explain this is her pregnant belly.

Now we can pretend you are pregnant. Can I get another volunteer who can draw a baby?

* Pick a volunteer from the group.

We’re going to pretend we can see inside her pregnant belly and see her baby growing. Can you please draw a baby on her belly?

* Give the drawing volunteer a black marker and have her draw a baby on the other volunteer’s “pregnant belly”.

Thanks, her baby looks very cute. Let’s talk a little bit about how a baby grows inside of you When a woman is pregnant, her baby grows inside of her in a little sack called a uterus. A uterus can also be called a womb. The uterus keeps the baby safe as it grows. Can I have another volunteer please draw *[name of pregnant volunteer]*’s uterus around her baby?

* Pick another volunteer and give her a black marker. Ask her to draw a circle around the baby and explain this is the uterus.

The baby must eat and drink to grow big and strong. Since the baby is inside of *[name of pregnant volunteer]*, it must eat and drink everything that *[name of pregnant volunteer]* does. The baby cannot get food or drink from anywhere else. The baby has a little tube attached to its belly that is called an umbilical cord. This umbilical cord is attached to *[name of pregnant volunteer]*’s uterus. Can I have another volunteer draw her baby’s umbilical cord?

* Have the volunteer draw an umbilical from the baby’s belly to the edge of the uterus.

Every time *[name of pregnant volunteer]* eats, drinks, smokes, or does drugs, the food, drink, smoke, or drug mixes with *[pregnant volunteer’s name]* blood. *[Name of pregnant volunteer]*’s blood then goes through the umbilical cord and into her baby. The umbilical cord is kind of like a straw that the baby uses to eat and drink whatever *[pregnant volunteer’s name]* puts into her body.

Let’s pretend *[pregnant volunteer’s name]* goes out with a client one night and he offers her some beer. She decides a few beers can’t hurt her baby, so she takes them and begins to drink.

* Offer the pregnant volunteer an empty beer can. Ask her to pretend to drink.

The beer enters *[pregnant volunteer’s name]*’sbody.

* The facilitator should draw a yellow stream of beer flowing from the top of the pregnant volunteer’s t-shirt down to the volunteer’s stomach.

The beer then mixes with *[pregnant volunteer’s name]*’sblood.

* Draw little red blood cells in the beer.

This mixture of blood and beer then flows into her umbilical cord, uterus, and baby.

* Draw the mixture of beer and blow flowing into her umbilical cord, uterus, and then baby.

*[Pregnant volunteer’s name]’s* blood is now inside her baby, which means the beer she drank is also now inside her baby too as it was mixed with *[name of pregnant volunteer]*’s blood!

The same thing happens if a pregnant woman smokes a cigarette, weed, hookah, or does any other kind of drug. Whatever she smokes, drinks, or eat will mix with her blood and flow into her baby through the umbilical cord. A mother and a baby are one. We should remind Thandi that everything she eats, drinks, or smokes goes from her body into her baby.

Does anyone have any questions about how this works?

* Answer any questions the group may have. Take the T-shirt and pillow back from the volunteer.

Thanks to our pretend pregnant volunteer and artists!

Babies are so little they cannot handle things that are bad for their body. If Thandi keeps smoking, doing drugs, or drinking alcohol, her baby could have very bad problems with its mind or body once it is born. For example, if a woman drinks alcohol while she is pregnant, this could cause her child to develop Fetal Alcohol Syndrome. Fetal Alcohol Syndrome can cause a child’s body to not develop normally or even kill the child. A child who survives with Fetal Alcohol Syndrome will not grow and develop like a healthy child. He or she might be shorter or weigh less than a healthy child. A child with Fetal Alcohol Syndrome might also look different than a healthy child, and may have mental disabilities, or problems with their brain. A child born with Fetal Alcohol Syndrome still deserves the same rights and love as any other child. However, many women think raising a child with Fetal Alcohol Syndrome is difficult for both the mother and child. It is best to keep our children safe and avoid alcohol, smoke, and all other drugs if we are pregnant.

As sex workers, we know that sometimes smoking, doing drugs, or drinking can make us feel brave enough to go out onto the streets. It might make working easier and more fun. However, as mothers it is our job to keep our babies safe. How would you try to persuade Thandi to stop smoking and drinking? Is there anything you would tell Thandi or do for her?

* Let group members discuss this for no longer than **5 minutes**.
* Answers **could** include:
  + Explain to Thandi what smoking, doing drugs, and drinking alcohol is doing to her baby. *[Facilitator’s Note: Have group members explain what they would say to Thandi. This will help you see if they understand the dangers of smoking, doing drugs, and drinking alcohol while pregnant].*
  + Help her find places that can help her stop smoking, doing drugs, and/or drinking.
    - Tell her that SWEAT has a support group for drug users.
  + Help Thandi think of other ways to make going to the street easier and more fun. *[Facilitator’s Note: Ask group members for examples. Answers could include: listen to music on her phone, hang out with other sex workers that are her friends, and participate in SWEAT groups that help her feel proud to be a sex worker].*

You all give wonderful advice. The best choice is not to drink alcohol, smoke, or do drugs at all when you are pregnant or trying to get pregnant.

I hope if you ever run into problems like Thandi, you can think of this advice to overcome challenges with money, time, smoking, drinking alcohol, and doing drugs while pregnant. As sex workers, we’re used to making sure our clients feel well cared for, but it is important we also take great care of ourselves!

**Activity C**

Growing Belly and Baby

**Preparing for the Activity**

**Purpose**

To discuss how a woman’s body changes during pregnancy and ways to lessen any discomfort caused by these changes.

**Materials**

* Flip chart paper taped together that is big enough to trace a human body
* 2 markers

**Time**

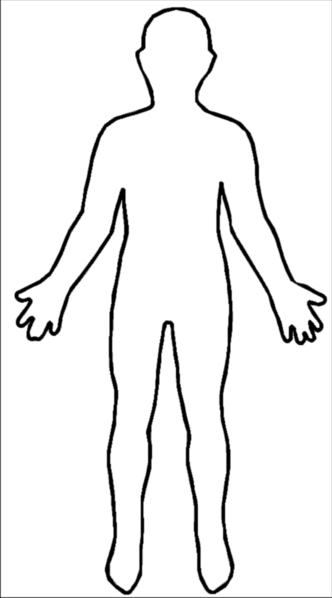
20 minutes

**Procedure--------------------------------------------------------**

* Move into the next activity by saying:

Now that we’ve talked about how to have a healthy pregnancy, let’s talk more about what a healthy pregnancy looks and feels like. First, will anyone volunteer to lay down on this piece of paper and let me trace their body?

* Pick a volunteer. It is easiest to pick someone who can lay down and get up easily. Also it helps if they are wearing pants. Lay the giant poster in the middle of the circle of chairs. Ask the volunteer group member to lay down on the paper. Trace her with a marker, and be careful not to get any marker on her body or clothes. The giant poster should now look something like this.



* After she has been traced, thank her and have her return to her chair. Continue the activity by saying:

Let’s pretend that Thandi took our advice to heart and stopped smoking and drinking. She is following everything the health worker told her about how to have a healthy pregnancy. However, this is Thandi’s first pregnancy and she doesn’t know what it feels like to be pregnant or what will happen to her body. She calls us again for some tips.

Instead of trying to explain to Thandi what will happen to her body, let’s just draw her a picture. Think back to when you or a friend was pregnant. What changes about a woman’s body when she becomes pregnant? What does she look like? What does she feel like?

* Let participants call out answers. Once they say an answer, give them a marker to draw this on the traced body. For example, if a group member says “My breasts got bigger when I was pregnant”, give that group member a marker and ask her to draw big breasts on the traced body. Do not let this activity go on for more than **5 minutes**.
* Answers **could** include:
  + Body Changes:
    - Her skin glows.
    - Her hair and nails grow faster and stronger.
    - Her breasts get bigger.
    - Her nipples get darker.
    - Her feet swell.
    - She gets more pimples.
    - Her belly gets bigger.
  + Other Changes:
    - She throws up (usually in the morning). This is called morning sickness.
    - She is constipated, which means she has a hard time pooping.
    - She has problems sleeping.
    - Her breasts get sore.
    - She has to pee more.
    - She has gas.

Our woman looks very pregnant. It’s important to remember that every woman’s body and pregnancy is different, so everyone might experience pregnancy differently.

All pregnant women experience at least some of the good and bad things about being pregnant that we drew. Does anyone have tips for how to deal with the things that cause us discomfort during pregnancy? For example, what did we draw that is hard about being pregnant and what can a pregnant woman do to make herself feel better?

* Let group members talk about this for no longer than **5 minutes**.
* Answer **could** include:

|  |  |
| --- | --- |
| **Things that Change with Pregnancy** | **Ways to Get Relief** |
| Morning sickness (throwing up every morning) | Keep drinking water, try to eat small meals, don’t eat spicy or heavy foods |
| Sore breasts | Wear a loose bra and clothing, take a hot shower, or use a hot water bottle on her breasts |
| Trouble pooping | Drink lots of water, eat lots of fruits and vegetables, try not to push very hard |
| Peeing more often | Use the bathroom as much as you need to |

Thanks to everyone for talking about the good and bad things that come with being pregnant. We have good ideas about how to make ourselves feel better when being pregnant is hard. We should tell our friend Thandi these tips and remember them for ourselves if we’re ever pregnant!

**Activity D**

Pregnancy Complications

**Preparing for the Activity**

**Purpose**

To list potential complications of maternal and child health during pregnancy and talk about the proper action to take.

**Materials**

* Flip chart paper
* Marker for facilitator
* Flip Chart 1 – Extra Special Care
* Game Sheet 1 – Clinic and Thandi’s House
* Flip Chart 2 – Warning Signs

**Time**

20 minutes

**Procedure--------------------------------------------------------**

* Begin the next activity by saying:

So we’ve talked with Thandi about how to have a healthy pregnancy and what to expect, but now we need to talk to her about what not to expect. Sometimes things can happens that are out of Thandi’s control. Raise your hand if you’ve ever made plans, but then something went wrong that you could not control.

* Let group members raise their hands.

This can also happen during pregnancy. However, some things about our past or our bodies make it even more likely that we could have problems during pregnancy. If we know about these things, we can get extra special care to make sure our babies stay healthy. Let’s talk with Thandi about some of the things that mean we need extra care while pregnant.

Like we talked about, when Thandi first visits the clinic, the health worker will ask her some simple questions. Does anyone remember some of these questions?

* Let group members talk about this for no longer than **1 minute**.
* Answers **could** include:
  + Weight
  + Height
  + How long Thandi has been pregnant. The health worker will determine this by asking Thandi when her last period was.
  + If Thandi is sick
  + If Thandi knows her HIV status

Great. There are also some things that the health worker might not ask Thandi, but that Thandi should tell the health worker.

* Hang up Flip Chart 1 - Extra Special Care.

Let’s go over the list of things Thandi and any pregnant woman should tell the health worker during her first appointment. I’m going to read this list out loud and I want you to think if any of these things are true for you. Don’t say anything out loud or raise your hand. Some of these things might be painful or sad, but they are important to remember. If something on this list is true for you, you should tell a health worker right away if you are pregnant now or in the future. The health worker will help you get the extra care you need if…

* You are younger than 18 or older than 35
* You already have 4 or more children
* You have had other difficult births or operations (Caesars)
* You have had babies born too early, too small, or born dead
* You have lost a baby during pregnancy
* You have another child younger than 2 years old
* You are HIV positive or do not know your HIV status

Does anyone have any questions about anything on this list?

Even though Thandi followed all the tips, things could still go wrong. True/false game

Remember that all pregnant women should tell the health worker if they have experienced any of the things we just listed. During Thandi’s first visit to the clinic, she tells the health worker that she was pregnant a long time ago, but she lost the baby. The health worker thanks Thandi for sharing this painful memory and gives Thandi special care to make sure her baby stays healthy.

The health worker also tells Thandi about certain warning signs that mean something could be wrong with her pregnancy. What do you think Thandi should do if she thinks something is wrong with her body or the baby inside of her?

* Answer any questions the group has.

Remember that all pregnant women should tell the health worker if they have experienced any of the things we just listed. During Thandi’s first visit to the clinic, she tells the health worker that she was pregnant a long time ago, but the baby died before it was born. The health worker thanks Thandi for sharing this painful memory and gives Thandi special care to make sure her baby stays healthy.

The health worker also tells Thandi about certain warning signs that mean something could be wrong with her pregnancy. What do you think Thandi should do if she thinks something is wrong with her body or the baby inside of her?

* Let group members answer for **1 minute**.

If Thandi thinks something is wrong with her body or the baby inside of her, she should go to the clinic right away. Let’s play a game now to learn more about some of the signs that mean Thandi should go to the clinic immediately. This side of the room *[point to the right side of the room]* will be the clinic. This side of the room *[point to the left side of the room]* will be Thandi’s house. Let’s all pretend we’re Thandi and we’re relaxing at home. Can everyone please go stand by Thandi’s home?

Great. Now remember we’re all pretending to be Thandi who is almost 6 months pregnant. I’m going to say a few things that happen to Thandi. If you think what I say means something is wrong with Thandi or the baby inside of her, and she should go to the clinic, walk to the other side of the room. This means Thandi is going to the clinic because she needs help. If you think what I say probably doesn’t mean something is wrong with Thandi or the baby inside of her, and she doesn’t need to go to the clinic. Stay where you are. This means Thandi is staying home because she is fine. Does anyone have any questions?

* Answer any questions the group members may have.

Ok, let’s begin. Thandi starts bleeding from her vagina. The blood coming out from between her legs has soaked into her underwear. It looks like she is having her period. Should Thandi go to the clinic? If you think she should go to the clinic, walk across the room. If you think it is normal Thandi is bleeding a lot from her private parts even though she is pregnant, stay at Thandi’s home.

* Let group members walk to the “Clinic” side of the room or stay at “Thandi’s Home”. After group members have picked a side, continue by saying:

Thandi should go to the clinic if she is bleeding a lot from her vagina. Sometimes women can still bleed from their private parts a little, even though they are pregnant. However, this shouldn’t happen past the first few months of pregnancy and it shouldn’t be very much blood. Since Thandi is bleeding quite a lot and she is 6 months pregnant, she should go to the clinic right away to make sure everything is okay.

Alright, let’s try another one. Can everyone return to Thandi’s home please?

* Wait until everyone is standing on the left side of the wall again by the “Thandi’s Home” sign before continuing.

Great, let’s move one. Thandi wakes up one morning and doesn’t feel well. She has a high fever, and she feels so cold she is shaking. It is the middle of summer, so it is very hot in South Africa, but Thandi still feels cold. She is also throwing up more than she usually does when she has morning sickness. Her body aches and hurts all over. Should Thandi go to the clinic or stay home?

* Let group members walk to the “Clinic” side of the room or stay at “Thandi’s Home”. After group members have picked a side, continue by saying:

If Thandi feels like she has a cold or the flu, she should go to the clinic. Signs include a fever, feeling too hot or too cold for no reason, throwing up, or body aches. This could mean she has an illness or something is wrong with her baby. Thandi gets some medicine from the clinic and returns home to rest.

* Motion to the group members to return home. Wait until everyone is standing on the left side of the wall again by the “Thandi’s Home” sign before continuing.

Thandi feels better now and is excited because she has been pregnant for 6 whole months. However, she starts to notice that she is gaining some weight. She has a bump in her tummy now and the bump is kind of hard when she pushes on it gently. Should Thandi go to the clinic?

* Let group members walk to the “Clinic” side of the room or stay at “Thandi’s Home”. After group members have picked a side, continue by saying:

Unless Thandi feels sick or like something is wrong, gaining weight during pregnancy is normal. She does not need to go to the clinic. Normally women gain between 11 to 16 kilograms during pregnancy. However, everyone’s body is different. Thin women might gain less weight and bigger women might gain more weight. During Thandi’s regular clinic visits, a health worker should weigh her to make sure she is not putting on too much or too little weight. Also, because a baby is growing inside of her, her tummy may feel a little bit hard when she pushes on it gently. This is normal as well. Thandi knows that gaining weight during pregnancy is normal and she stays at home.

* Motion to any group members that went to the clinic to return home. Wait until everyone is standing on the left side of the wall again by the “Thandi’s Home” sign before continuing.

Let’s play our game one last time. Thandi notices that her legs are swollen. They look puffy and bigger than usual, but the rest of her body does not. Her legs also hurt. Should Thandi go to the clinic or stay home?

* Let group members walk to the “Clinic” side of the room or stay at “Thandi’s Home”. After group members have picked a side, continue by saying:

If Thandi has swollen, puffy legs, she should go to the clinic. In fact, if Thandi ever notices that her legs or hands and feet are swollen, she should also go to the clinic. Sometimes when a pregnant woman’s legs, hands, or feet swell, she can also get vey dizzy, see spots in front of her eyes, and get a very bad headache. It is important Thandi goes to the doctor right away if her body ever swells or she feels like this.

Great job with the game everyone. Let’s sit down and review what we just learned.

* Hang up Flip Chart 2 - Warning Signs. Point to this Flip Chart as you read the next part.

So we just learned that there some warning signs for pregnant women that mean they need to go to the clinic right away. These include:

* You are bleeding a lot from your vagina
* You have a high fever
* You throw up a lot
* Your legs swell up
* You have bad headaches or you feel dizzy

If you are pregnant, you should also go to the clinic right away if…

* You have a rash, meaning your skin gets red and itchy
* You have pain/cramps in your tummy
* You think you have an STD or HIV
* You have any other concerns about your health

It’s important to remember that women’s bodies naturally change during pregnancy like we talked about earlier. However, the things on this list are not part of a healthy pregnancy. If Thandi or you ever have any concerns or questions about your health now or when you are pregnant, you should visit a clinic right away. Remember, healthy mother means healthy baby!

Does anyone have questions about what we just talked about?

* Answer any questions the group may have.

**Flip Chart 2 - Warning Signs--------------------------------**

*[Instructions: Write this on a flip chart before the session begins.]*

Tell the health worker if you are pregnant and…

* You are younger than 18 or older than 35
* You already have 4 or more children
* You have had other difficult births or operations (Caesars)
* You have had babies born too early, too small, or born dead
* You have lost a baby during pregnancy
* You have another child younger than 2 years old
* You are HIV positive

**Game Sheet 1 - Clinic and Thandi’s House---------------**

*[Instructions: Write/draw each of these signs on a separate flip chart before the session begins. Tape the “Clinic” sign to the wall on the right side of the room and the “Thandi’s House” sign to the wall on the left side of the room]*

**Clinic**

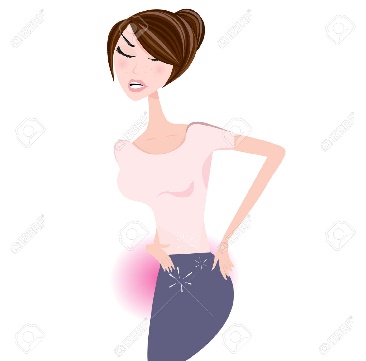


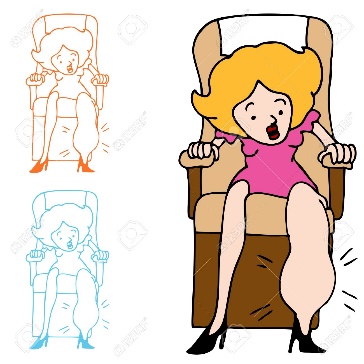
**Thandi’s House**



**Flip Chart 2 - Warning Signs--------------------------------**

*[Instructions: Write/Draw this on a flip chart before the session begins.]*

If you are PREGNANT, you should go to the clinic RIGHT AWAY if…

* You are bleeding a lot from the vagina
* You have a high fever
* You throw up a lot
* Your legs swell up
* You have bad headaches or you feel dizzy
* You have a rash
* You have pain/cramps in you r tummy
* You think you have an STD or HIV
* You have any other concerns about your health

**Activity E**

HIV and Pregnancy

**Preparing for the Activity**

**Purpose**

To list steps all mothers should take to make sure their baby is not born with HIV and observe a HIV test/counselling.

**Materials**

**Time**

15 minutes

**Procedure--------------------------------------------------------**

* Start the activity by saying:

Since we are talking about things that could possibly hurt pregnant women and their babies, we’re going to discuss one more important topic. Let’s pretend that Thandi stops by to see us one day. She is seems very upset and after we talk for a little bit, she tells us she is scared she might have HIV. About 2 months ago, a client picked Thandi up and told Thandi he would pay her more money if she would have sex without a condom. Normally Thandi would say no, but she really needed the money to help pay for her baby. So Thandi agreed and had unprotected sex with her client. Last night Thandi found out the man she had sex with has HIV.

What would you tell Thandi to do?

* Let group members talk about this for no longer than **3 minutes**.
* Answers **could** include:
  + Get an HIV test right away.
  + Continue to use condoms with her clients.

These are all great ideas. A few weeks ago we learned about HIV and how to keep ourselves safe. However, if we are pregnant we have to also make sure we keep our baby safe.

If a mother is HIV positive, she can give HIV to her baby while she is pregnant, giving birth, or breastfeeding. However, if a pregnant woman is HIV positive, she can take steps to prevent her baby from being born HIV positive. Not all HIV positive mothers give birth to babies who are HIV positive. It is very important to know that a HIV positive woman can give birth to a child that does not have HIV, but she must take certain steps to protect her child.

This is called Preventing Mother to Child Transmission, or PMTCT for short. If we know our HIV status, we can know how to keep our baby HIV negative. The only way to know our status is to get a HIV test. Since Thandi doesn’t know her HIV status, we should recommend Thandi gets an HIV test right away! It is more likely she can have a healthy, HIV negative baby if she learns her status at the beginning of her pregnancy.

Where can Thandi go to get an HIV test that will not stigmatize or shame her for being a sex worker?

* Let group members talk about this for no longer than **2 minutes**.

It is important to speak to a sex-worker friendly counsellor or health worker about having a HIV test. Thandi or any of us can also speak to a nurse at SWEAT or TB/HIV Care and they will give us a HIV test for free. They will answer any questions we may have about HIV and AIDS, and about the test.

Today I’ve invited Nurse *[insert name]* from TB/HIV Care to join our session. It is so important to get HIV tested during pregnancy, that we are going to walk through what an HIV test and counseling session is like. I will pretend to be pregnant Thandi who is getting tested for HIV, and Nurse *[insert name]* will get me the test and counseling. Please feel free to stop us and ask any questions you have at any point.

The first step of getting tested for HIV is pre-test counseling. Does anyone know what this is?

* Let **1 group member** answer.

When you get tested for HIV, the health worker knows that you may be afraid and worried. This is completely normal. They should give you support and help you prepare for the results of the test. This is called pre-test counselling. Some people may choose to take a friend or someone they trust with them. This person can give them support and care before, during, and after the test.

You will also need to talk to a counsellor or health worker after you get your test results. They will discuss the results with you, what this means, and how you can keep yourself and your baby as healthy as possible. This is called post-test counselling.

Nurse *[insert name]* will now give me pre-test counseling and a HIV test so you can see what this process is like in real life. Remember, you can stop us at any time if you have questions.

* Have the nurse from TB/HIV Care give you pre-test counseling, just like she would with any woman who came to get HIV tested. Answer her questions and respond like Thandi would. Make sure you mention that you are pregnant and have the nurse tell you important PMTCT information that she normally tells pregnant women during pre-test counselling.
* Then, have the nurse from TB/HIV Care give you a HIV test. She can just pretend to give you the HIV test if you do not feel comfortable disclosing your status in front of the group. Make she explains the steps of the test as she does it.

Now it is time for our pregnant friend Thandi to get her HIV test results. If her results come back negative, what do you think the health worker will tell her during post-test counselling? In other words, what advice would the health worker give a pregnant woman for staying HIV negative and healthy?

* Let the group members talk about this for no more than **5 minutes.**

Great examples of what a health worker might tell Thandi if her HIV test is negative. Is there anything that we forgot to mention Nurse *[insert name]?*

* Let the TB/HIV Care nurse tell the group what she would tell an HIV negative woman during post-test counselling.
* Her response **should** include:
  + You must continue to have protected sex by using a condom. Do this so that you do not get HIV later.
  + If you had unprotected sex recently, HIV might not show up in the first HIV test. Wait for three months and then get another HIV test. It is very important you continue to get tested, especially while you are pregnant. If you know your status, you can take steps to keep yourself and your baby healthy. The only way to know your status is to get HIV tested multiple times during your pregnancy.
  + Continue to learn about HIV and protected sex. SWEAT has a great group that supports people who are HIV negative to help them stay HIV negative.
  + Support those in your community who are HIV positive.

Thanks Nurse! What about if Thandi gets tested and learns she is HIV positive? What advice do you think the health worker will give our pregnant friend if she learns she is HIV positive?

* Let the group members talk about this for no more than **5 minutes.**

Would job explaining what a health worker might tell Thandi if her HIV test is positive. Is there anything that we forgot to mention Nurse *[insert name]?*

* Let the TB/HIV Care nurse tell the group what she would tell an HIV positive woman during post-test counselling.
* Her response **should** include:
  + You may feel afraid and shocked. You may not believe what you hear. This is normal. Find someone who can help you deal with how you feel.
  + Remember, your child can be just as healthy as anyone else’s child if you take certain steps. Let’s talk about four important steps that will lessen the chance you give HIV to your baby.

1. There are medicines available to help stop the spread of HIV to the baby. These medicines are called antiretrovirals, or ARVs for short. All pregnant and breastfeeding women who are HIV positive should take ARVs. This is the best way to make sure you do not transmit HIV to your child. To make sure the medicines work, you must take them every day with food and try to keep your body as healthy as possible. Talk with your health worker to learn more about how to take these medicines and stay healthy. You should also continue taking the medicines even if you are not pregnant. It will help you live a long, healthy life so you can watch your child grow into a healthy adult!
2. Continue to use condoms when you have sex, even if you are HIV positive. Remember, you can get re-infected with a different type of HIV, even if you are already HIV positive. If you get re-infected, this makes it more likely your child with also be born with HIV. You must continue to have protected sex by using condoms so you do not get re-infected with HIV and do not infect your sex partners.
3. HIV can also be passed from mother to child during childbirth. You should talk with a doctor to learn the safest way to give birth to your child so he/she will not be born with HIV. The doctor will probably give you extra medicines to prevent the transmission of HIV during childbirth. They might want you to have a cesarean delivery, which is also called a C-section or a Caesar. This is when the doctor helps you deliver the baby through surgery. You should talk about this with your doctor to learn more.
4. After your baby is born, HIV can be passed on to the baby through breast milk if the mother is HIV positive. But not all breastfed babies will get HIV. We will talk about how to safely breastfeed our babies and keep them safe from HIV in a few weeks.

Great job talking about ways to keep our babies safe from HIV everyone. Remember, pregnant women who are HIV negative and positive can take steps to keep their baby safe. A child can be born HIV negative, even if their mother is HIV positive! We have to know our status and take action to keep our baby safe!

What questions do you have for Nurse *[insert name]* about HIV, pregnancy, and children?

* Let the nurse from TB/HIV Care answer any questions the group has.

**Activity F**

Delivery and Post- Delivery

**Preparing for the Activity**

**Purpose**

To discuss the experience of delivery and post-delivery, and list ways to lessen common discomforts during this time.

**Materials**

* Flip Chart 3 - After Birth
* Marker

**Time**

15 minutes

**Materials**

* Flip chart
* Marker for facilitator

**Time**

10 minutes

**Procedure--------------------------------------------------------**

* Start the activity by saying:

Good news! Thandi got her HIV test back from the health worker and she is HIV negative. She promises herself she will always use condoms in the future and continue to get tested.

Soon, it’s time for Thandi to give birth! She is excited, but also scared. She doesn’t know what to expect. Would anyone like to share their story of child birth with the group? This will help our friend Thandi get an idea of what it’s like.

* Let the group members sharing birthing stories for no longer than **5 minutes**.

Thank you for sharing your stories. Many women, like Thandi, are afraid of giving birth because they think it will be painful. However, when we are afraid, it can make it harder to push the baby out. Luckily there are some things we can do to make our body feel better while we’re giving birth. Did any of you do anything that made you feel better when you were giving birth?

* Let group member talk about this for no longer than **3 minutes***.*
* Answers **could** include:
  + Positive sayings - Pick a positive saying that makes you feel strong and brave. This could be something like “I can do this” or “I am strong”. Every time you feel pain, say these words to yourself or have your partner, friend, or health worker say these words to you.
  + Imagination – Whenever you feel in pain, you can imagine something that helps you to relax. Some women picture their bodies opening up like a flower to let to the baby out. You should picture whatever makes you feel at peace and accept the pain.
  + Breathing – Some women like to take deep breaths while giving birth, while others breathe in just a little. You should breathe at a rate that feels comfortable.
  + Heat and Cold – Sometimes heat or cold on parts of your body will feel good. It might help to put a hot water bottle on your back. Taking a hot or cold shower might also may you feel better.
  + Medicine – The health worker might give you medication that can help with pain.

Our ideas made birthing easier for Thandi, and she just called to tell us she has a brand new baby girl named Nonceba! She’s so happy and is headed home from the hospital today.

I think it’s important we tell Thandi about the changes her body will go through now that she has given birth. I’ve written out some of the usual changes a woman’s body goes through on this flip chart.

Let’s talk through some of these changes.

* Hang up Flip Chart 3 – After Birth.

Soreness – Sometimes a woman’s back or the area by or in her vagina can hurt after giving birth. Can anyone think of anything that might help with this pain?

* Let group members offer suggestions for **1 minute** and write these in the solution’s column of Flip Chart 3 - After Birth.

Good ideas. She can also use pain medicine, or put clean, warm towels or water on the area that hurts.

Bleeding – It is normal for women to bleed for 2 to 8 weeks after childbirth. Normally this blood will be red, then turn pink, then brown, and then clear or yellowish. What are some things you can do if you are bleeding?

* Let group members offer suggestions for **1 minute** and write these in the solution’s column of Flip Chart 3 - After Birth.

Great. She can also use pain medicine if she has cramps and wear pads until the bleeding stops.

Leaking Pee – It is normal to leak some pee when you cough, sneeze, or laugh after childbirth. For most women, this will get better after your body heals. What are some things you can do to deal with leaking pee until your body heals?

* Let group members offer suggestions for **1 minute** and write these in the solution’s column of Flip Chart 3 - After Birth.

Super ideas. She can also wear pads until her body is able to stop leaking pee accidentally.

Sadness – Many women have Postpartum Depression after childbirth, which is also called the “baby blues”. This means they are very sad for no reason. What are some things mothers can do to help deal with being sad?

* Let group members offer suggestions for **1 minute** and write these in the solution’s column of Flip Chart 3 - After Birth.

Wonderful ideas. If a new mother is feel sad after giving birth, she must remember to be good to herself. It might help to eat healthy foods, exercise, share her feelings, get some rest, cry, and talk to friends or family.

I’m glad we were able to tell Thandi what to expect during and after childbirth!

**Flip Chart 3 - After Birth-------------------------------------**

*[Instructions: Write this on a Flip Chart before the session begins.]*

|  |  |
| --- | --- |
| **Problem** | **Solution** |
| Soreness |  |
| Bleeding |  |
| Leaking Pee |  |
| Sadness |  |

**Activity G**

Closing

**Preparing for the Activity**

**Purpose**

To review key concepts group members learned about pregnancy.

**Materials**

**Time**

5 minutes

**Procedure--------------------------------------------------------**

* Start the activity by saying:

This has been a great meeting everyone. We covered a lot of information about pregnancy. We helped our friend Thandi learn about the signs of pregnancy, how to have a healthy pregnancy as a sex worker, deal with HIV and pregnancy, and what to expect during pregnancy, childbirth, and afterwards. Would a few people like to share the most important thing they learned today?

* Let the group members talk about this for no longer than **4 minutes**.

Thanks for sharing. Those were all really good points. I hope we remember that everything we taught Thandi is also good for us to know. Having a healthy pregnancy is the first step to having a healthy baby!

Thank you all for coming today! Remember, our next meeting is on *[date]* at *[time]*. We’ll be talking about the health of our children. It’s going to be a very important session, so I hope to see you all again on *[date]* at *[time]*!

**Appendix 1 - Resources---------------------------------------**

1. Soul City, *Depression: You can beat it*.
2. Centers for Disease Control and Prevention. *Pregnancy*. 2014. Available from: <http://www.cdc.gov/pregnancy/>.
3. Centers for Disease Control and Prevention. *Fetal Alcohol Spectrum Disorders (FASDs)*. 2014. Available from: <http://www.cdc.gov/ncbddd/fasd/>.
4. Soul City, *Mother and Child Care*.
5. World Health Organization, *Daily iron and folic acid supplementation in pregnant women*, 2012. p. 27.
6. Mayo Clinic. *Symptoms of pregnancy: What happens right away*. 2013. Available from: <http://www.mayoclinic.org/healthy-living/getting-pregnant/in-depth/symptoms-of-pregnancy/art-20043853>.
7. Avert. *Fact Sheet: HIV & Pregnancy*. 2014. Available from: <http://www.avert.org/fact-sheet-hiv-pregnancy.htm>.
8. Centers for Disease Control and Prevention. *Depression Among Women of Reproductive Age*. 2013. Available from:

<http://www.cdc.gov/reproductivehealth/Depression/index.htm>.

1. International HIV/AIDS Alliance, *Tools Together Now!* 2006.