

**.....SOMEBODY
YOU LOVE IS HIV+
OR HAS AIDS.....**

**Written and illustrated by
HELEN FITZGERALD**

Author of:
The Grieving Child
The Mourning Handbook
and

The Grieving Teen

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**..... SOMEBODY IS HIV
OR HAS AIDS**

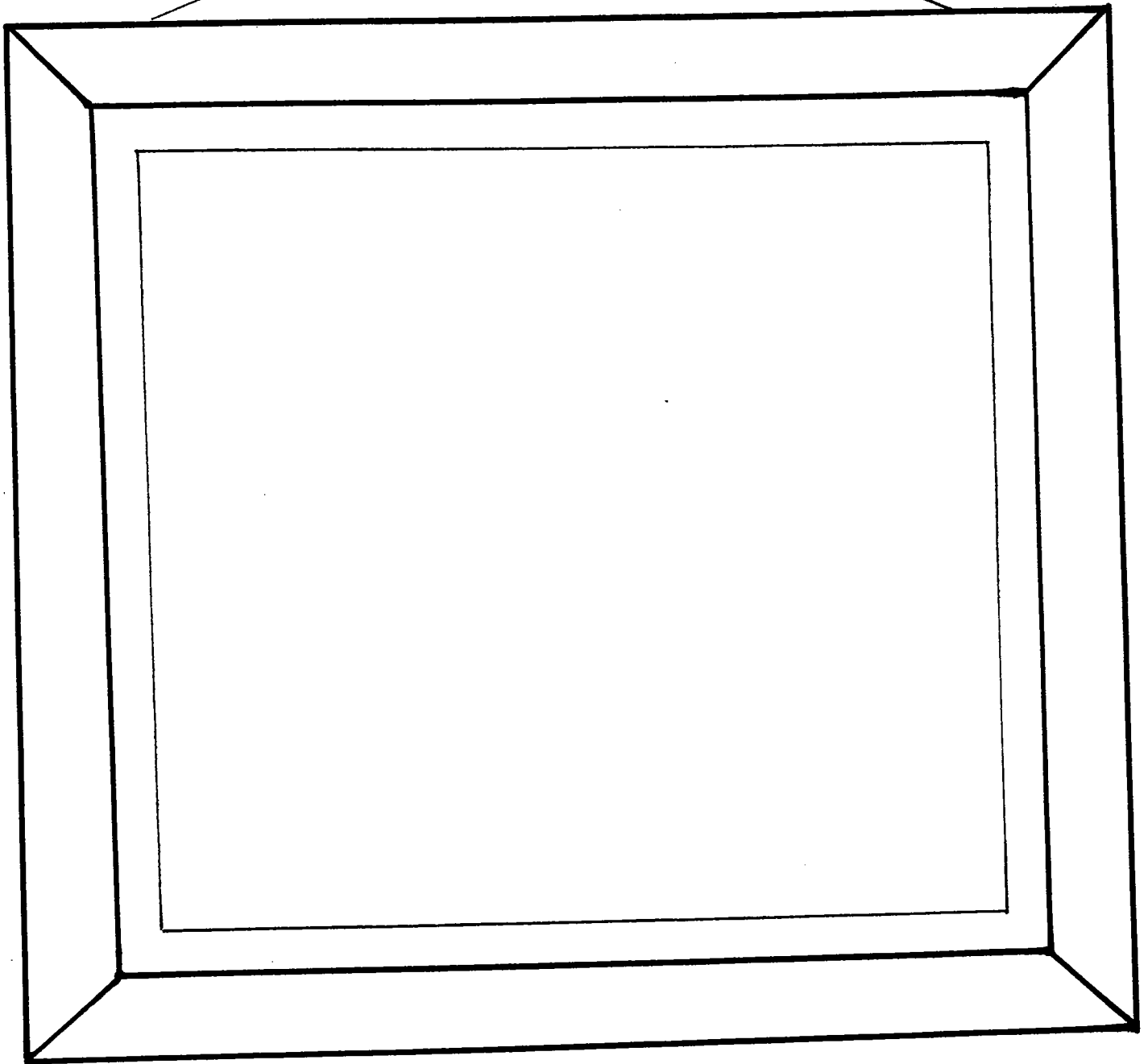


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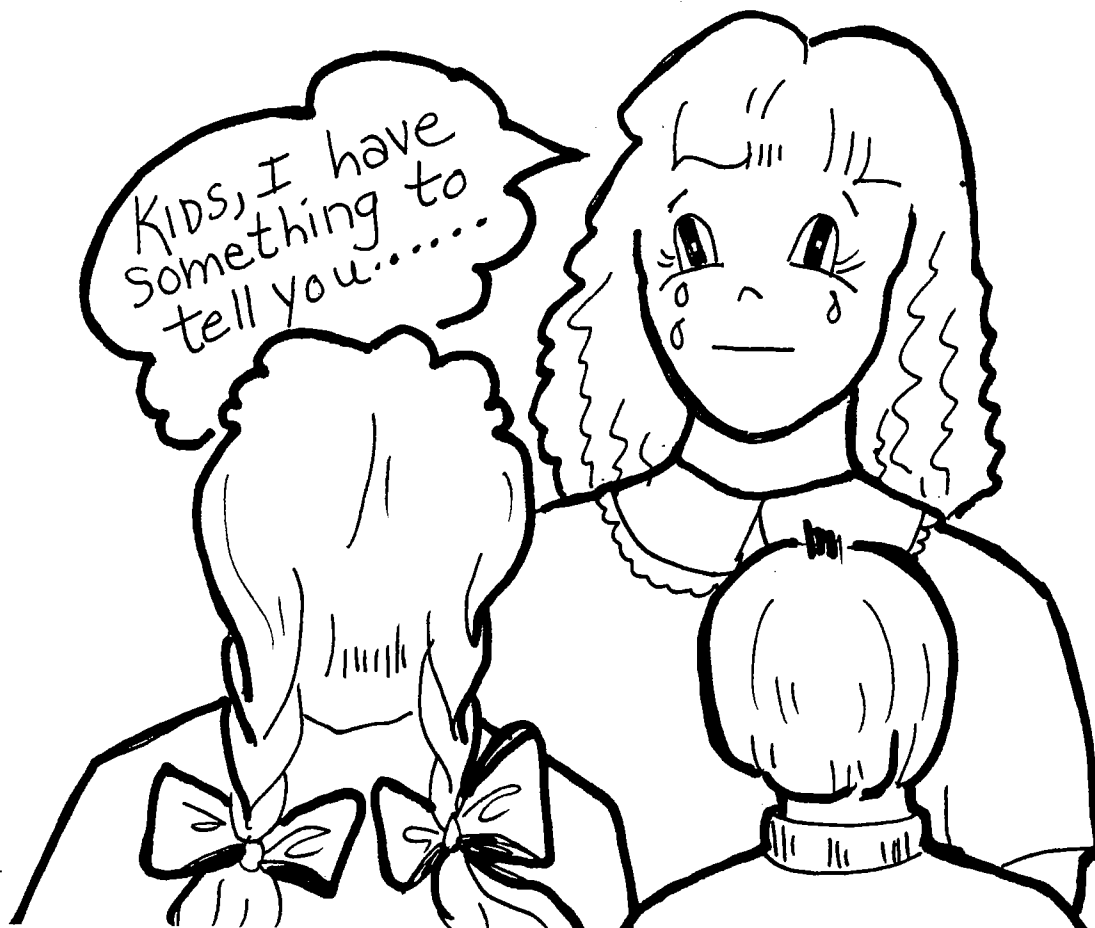
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Who is HIV or has AIDS?
person.

Draw a picture of that



When you found out someone was HIV or had AIDS, what was your first thought?



List all the feelings you have had since your family member became HIV. Pick one and draw a picture or write a story about it.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____



List any words regarding HIV or AIDS that you don't know the meaning of.

1.

2.

3.

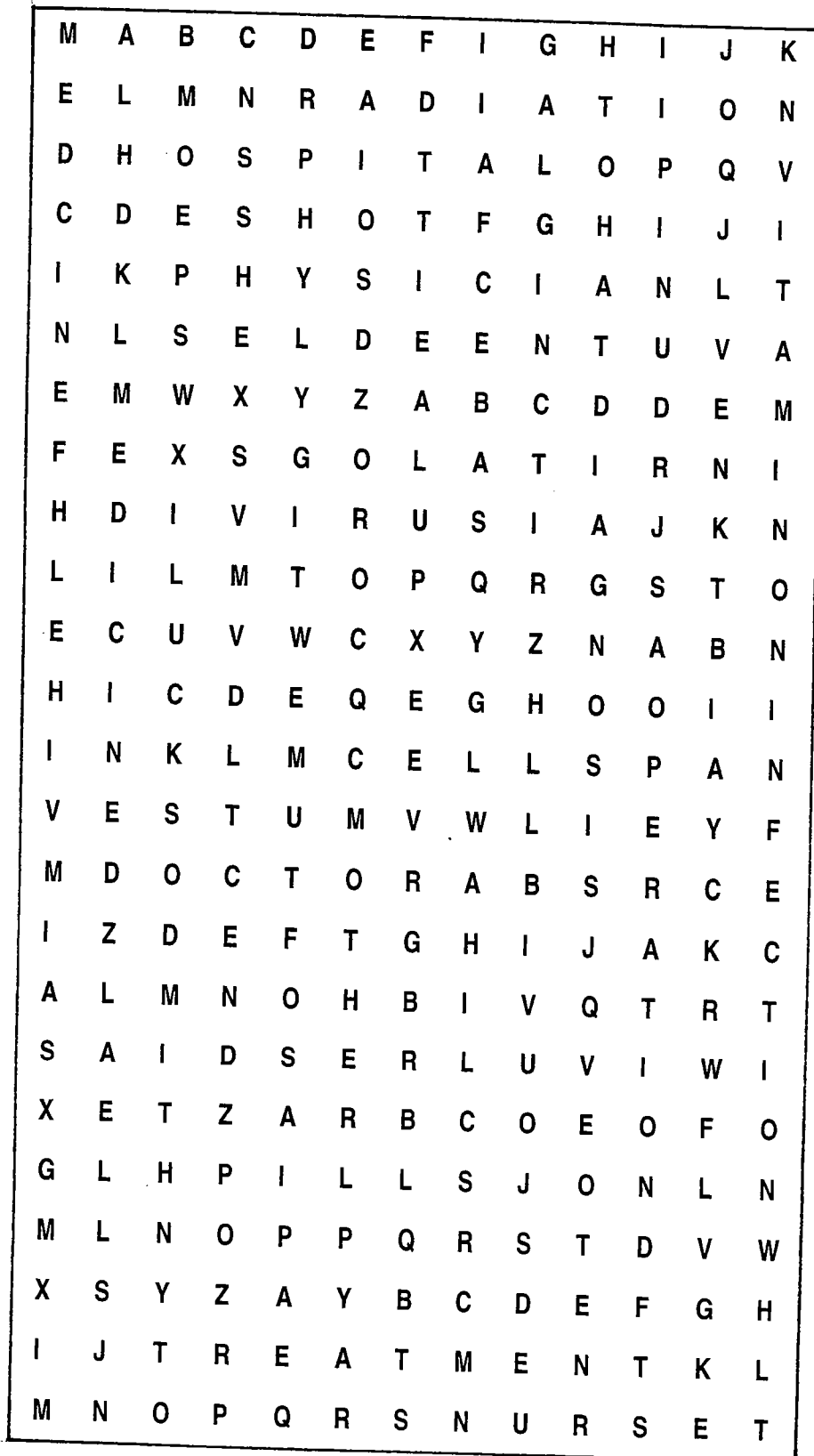
4.

5.

6.



WORD FIND



- PHYSICIAN
- INFECTION
- TREATMENT
- NURSE
- RADIATION
- DOCTOR
- HIV
- BLOOD
- MEDICINE
- CELLS
- AIDS
- VIRUS
- DIAGNOSIS
- HOSPITAL
- OPERATION
- NEEDLES
- IV
- PILLS
- SHOT
- VITAMIN
- AZT
- T CELLS

D	I	A	G	N	O	S	I	S	B
O	X	R	R	H	Y	E	N	E	L
C	Z	A	Z	O	V	I	F	R	O
T	T	D	O	S	I	U	E	Q	O
O	H	I	S	P	R	U	C	R	D
R	J	A	X	I	U	Z	T	Q	U
Q	T	T	B	T	S	A	I	D	S
Z	H	I	V	A	U	G	O	X	Z
A	Z	O	U	L	O	K	N	V	F
R	T	N	W	F	C	E	L	L	S
P	H	Y	S	I	C	I	A	N	U

DOCTOR
 RADIATION
 INFECTION
 HOSPITAL
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 PHYSICIAN
 VIRUS
 CELLS
 AIDS
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 BLOOD

WORD FIND

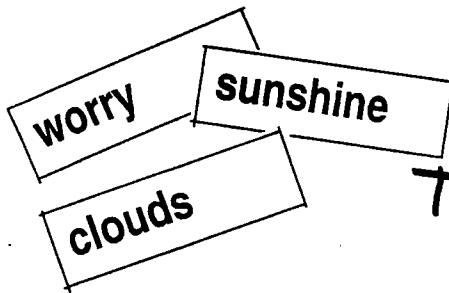
**Can you remember your life before HIV or AIDS?
Draw a picture or write a story about:**

Before HIV	Life as it is now

What helps you when you are feeling sad or scared?



Cut out the following words. Put them face down on the table. Mix them up and then take one word and write a sentence using it. Take another word and write another sentence. Continue until you have a poem or a story.



I worry about my Dad.
The clouds hide the Sunshine.

worry	sick	help	ambulance	sunshine
sad	flowers	happy	scared	love
tears	mad	hospital	doctors	scream
mom	dad	brother	sister	relatives
sun	rain	school	run	hide
die	hard	bugs	trees	clouds
virus	HIV	AIDS	tease	secret
moving	hope	sorry	mope	cry
upset	alone	fight	pills	medicine
dread	changes	dream	nightmare	awful
guilt	no	why	silly	end
911	angel	alive	life	God

Do you have any other questions you would like to ask?

1. _____

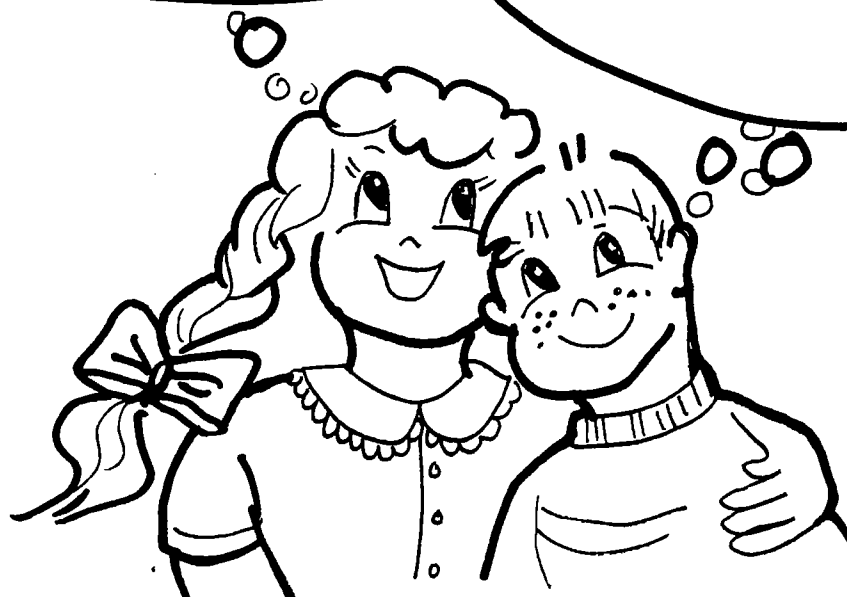
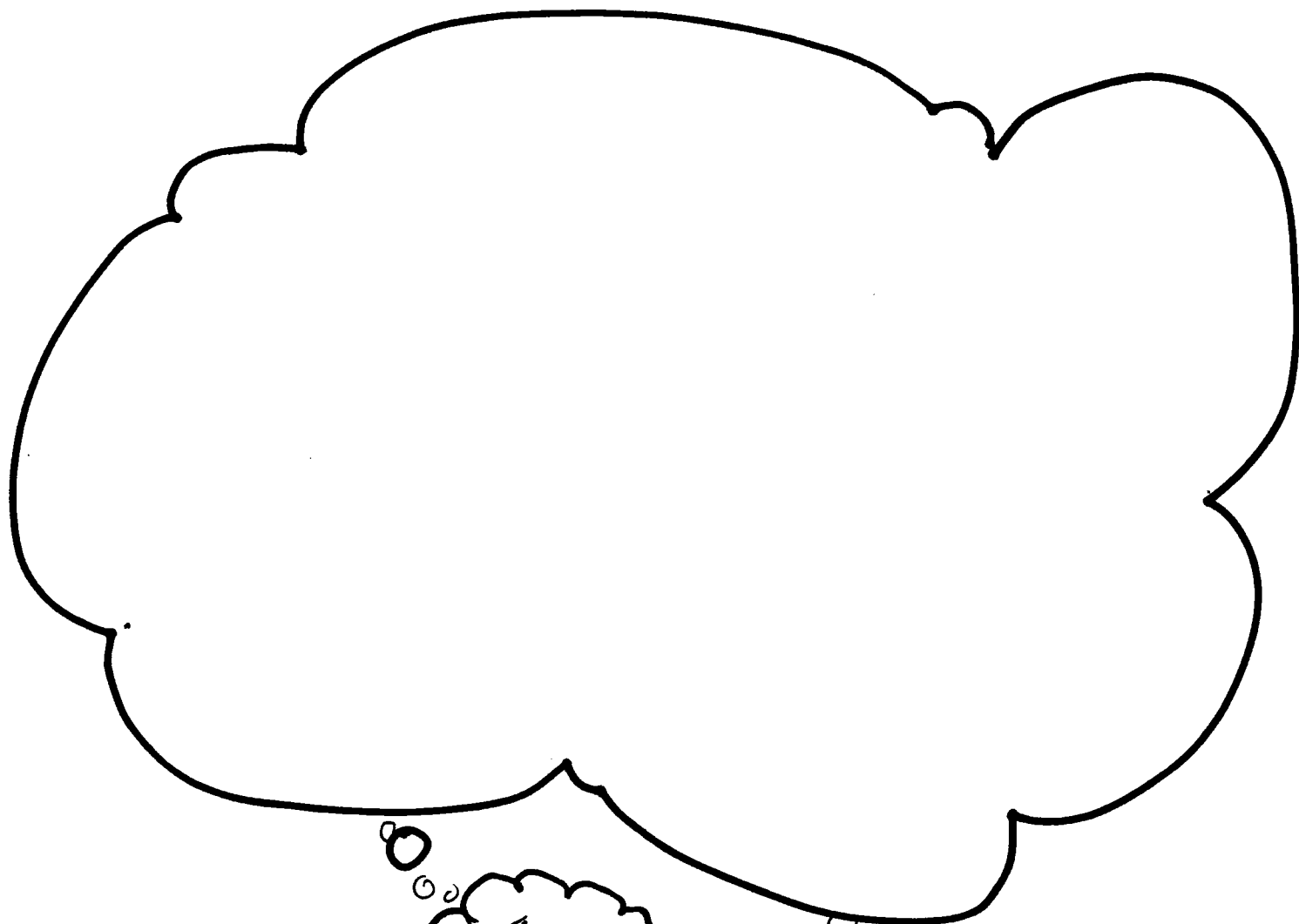
2. _____

3. _____

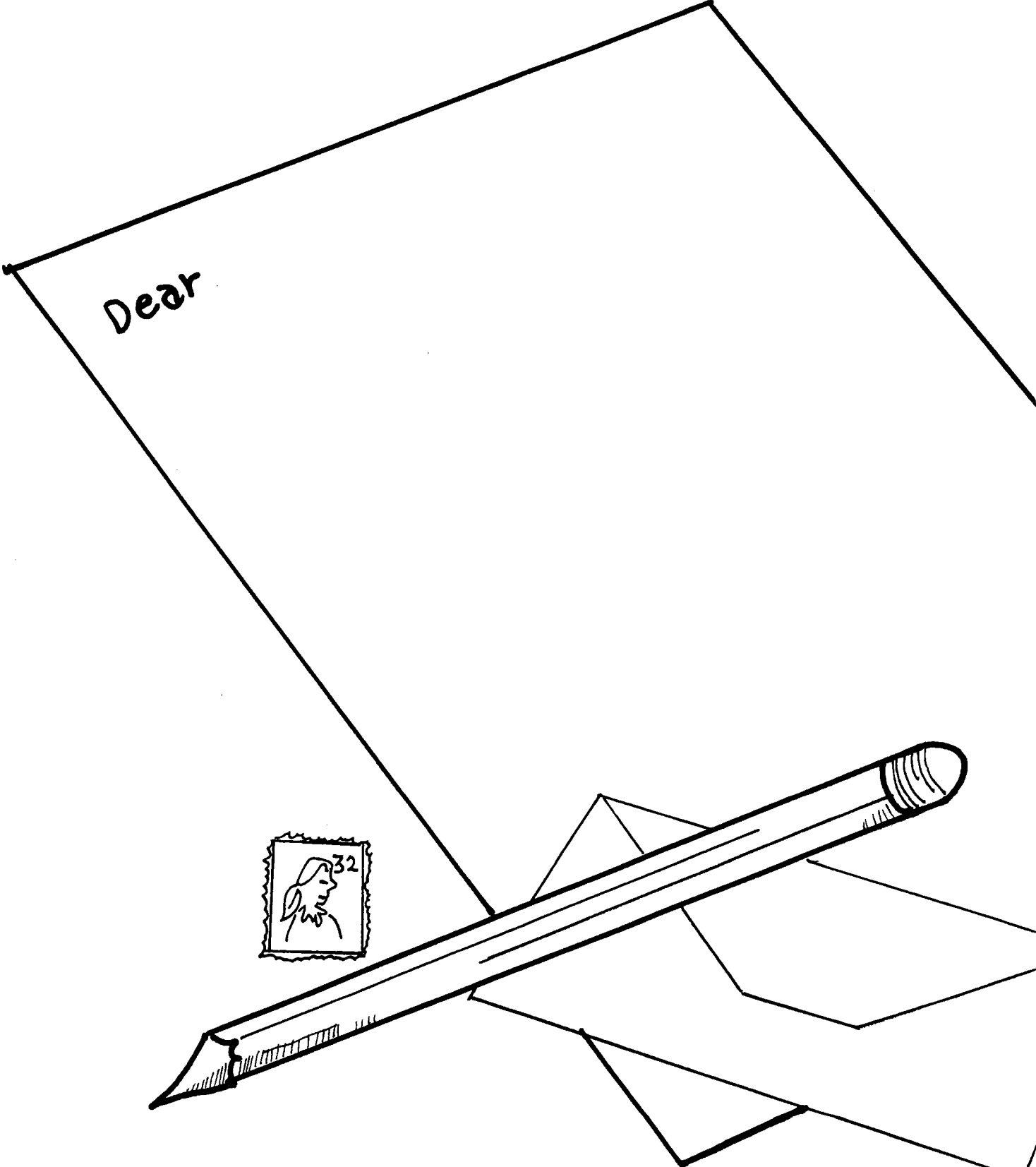
4. _____



Think about a funny memory you have about the person who is HIV or has AIDS. Write a story about it.



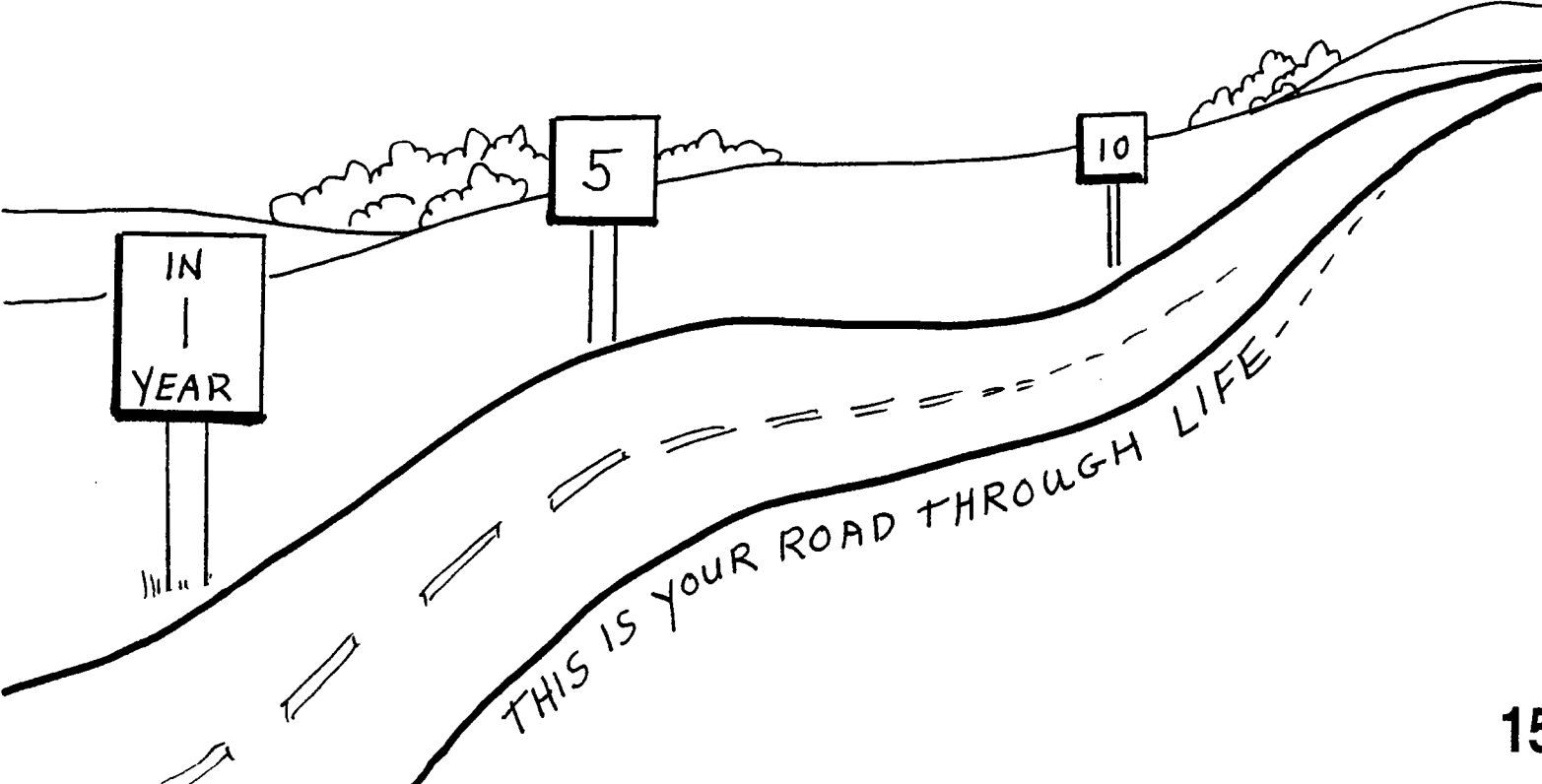
**Write a letter to the person who is HIV or has AIDS
and ask him or her to write one to you.**



Draw a picture of the HIV virus and how the medicine is fighting it and killing it.



What do you think your future will be like?



What can you say that would help other kids who know someone who is HIV or has AIDS?



GUIDELINES FOR PARENTS TO HELP THEIR CHILD THROUGH GRIEF

Prepared by Helen Fitzgerald

- As soon as possible after the diagnosis, set time aside to talk to your child.
- Give your child the facts in a simple manner keeping in mind their level of understanding. Be careful not to go into too much detail. Your child will ask questions as he/she is ready to know more information.
- If you can't answer certain questions, it is OK to say, "I don't know how to answer that, perhaps we can find someone to help us." (Always feel free to seek professional advice.)
- Use the correct language - if it's HIV or cancer, call it that.
- Ask questions. "What are you thinking?", "Do you have any questions for me?"
- Invite questions.
- Explain your feelings to your child, especially if you are crying. Give your child permission to cry with you. Parents are role models and it's OK and appropriate for children to see our sadness and our tears.
- Talk about feelings: sad, angry, feeling responsible, scared, depressed, wishing to die, etc.

If Death Occurs

- As soon as possible after the death, set time aside to talk to your child.
- Once again, give your child the facts in a simple manner.
- Use the correct language - say the word "dead" etc. Do not use phrases such as: "He's sleeping", or "God took her", or "He went away", etc.
- Ask your child questions to better understand what they may be thinking or feeling. "What are you feeling?" "What have you heard from your friends?" "What do you think happened?" Etc.
- Continue to explain your feelings to your child. You can use this experience as a time to teach and to further bond with your child. We share happy times with our children, so we need to share the sad times as well.
- Use the given name of the deceased when speaking of him or her.
- Understand the age and level of comprehension of your child. Speak to that level.

- Talk about their feelings.
- Read a book on childhood grief so you have a better understanding of what your child may be experiencing.
- Read a book on death to your child. Take time to discuss what you have read and tie it into what is happening to you.
- Talk about the viewing and funeral. Explain what happens at these events and find out if your child wants to attend. Perhaps you would like to plan a "children's funeral" in addition to the adult's service.
- Think about ways your child can say "good-bye" to the person who has died.
- Talk to your child about God, if appropriate, and what happens to people after they die.
- Invite your child to come back to you if he or she has more questions or has heard rumors - that you will help get the correct information.
- Talk about memories, good ones and ones not so good.
- Watch out for "bad dreams". Are they occurring often? Talk about the dreams.
- Watch for behavioral changes in your child both at home or at school.
- You might see some of the following emotions:
 - a. Tearful
 - b. Irritability
 - c. Clinging to you
 - d. Whiny moods
 - e. Somatic Complaints
 - f. Unable to concentrate
 - g. Grades may dip temporarily
 - h. More pronounced fears, i.e.: of dying themselves, or you dying, etc,
 - i. Regression in behavior
 - j. Aggressive behavior
 - k. Changes in sleep and appetite

These are normal emotions, however, if you ever feel they are more extreme or lasting longer than you think they should, never hesitate to consult a professional.

- Offer your child loving, touching support.

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- Watch for behavioral changes in your child both at home or at school.
- Friends, family, school mates, etc, frequently find solace and comfort in doing something in the name of the person who died - a memorial.
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 - d. Whiny moods
 - e. Somatic Complaints
 - f. Unable to concentrate
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