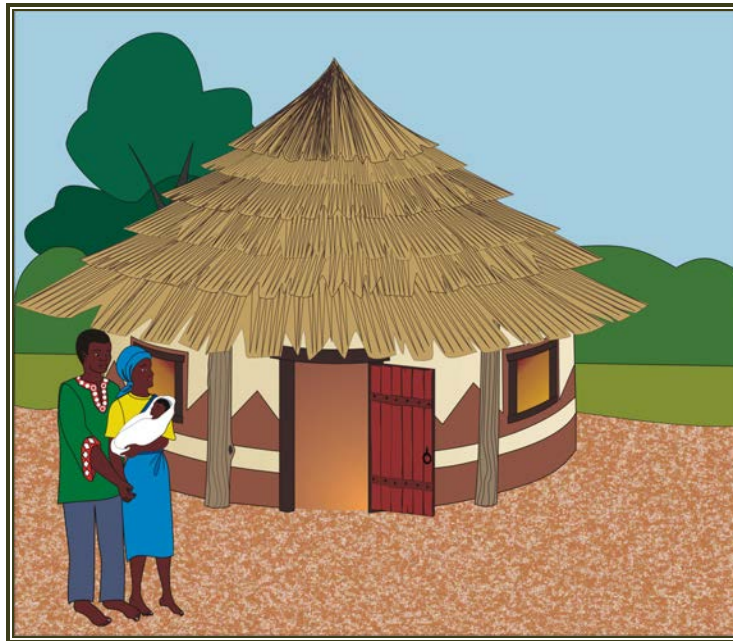


THE FAITHFUL HOUSE

PMTCT Couple Handbook



CATHOLIC RELIEF SERVICES

CRS Uganda • Maternal Life International • Maternal Life Uganda

The Faithful House PMTCT Couple Handbook is a picture-based summary of The Faithful House PMTCT program. By reviewing the pictures and the accompanying text, a couple can review what they learned and experienced in their training. If a couple is having troubles in their marriage, they may sort through the house and see where the problem lies. A couple can also use the handbook to share The Faithful House message with others.

For further information, please contact:

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MODULE ONE: THE JOURNEY OF PREGNANCY



1. PREGNANCY AS A JOURNEY



3. "I" OR "WE" ON THE JOURNEY OF PREGNANCY



2. HIV AND THE JOURNEY OF PREGNANCY



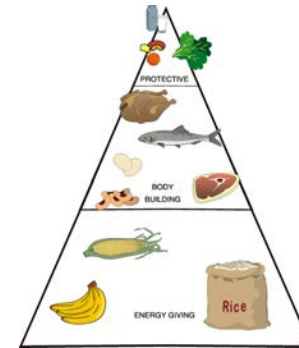
4. THE ROAD TO RECONCILIATION



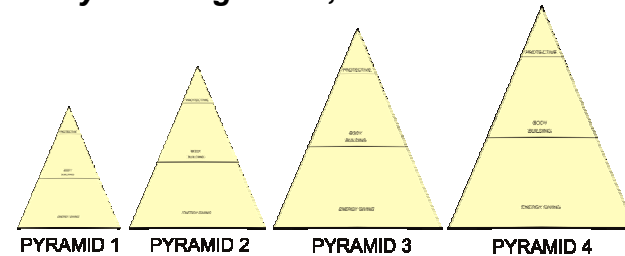
5. A Safe Journey Plan



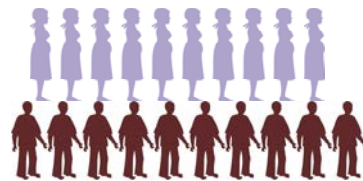
7. THE SIGN POST OF NUTRITION IN PREGNANCY



- **Healthy eating Pyramid: Energy-giving foods, Body-building foods, Protective foods**



- **Food intake appropriate to your health**
 1. Non-pregnant
 2. Pregnant; 3 Pregnant and HIV+
 4. Pregnant, HIV+ and ill).



6. THE SIGN POST OF ANTIRETROVIRAL THERAPY (ART)



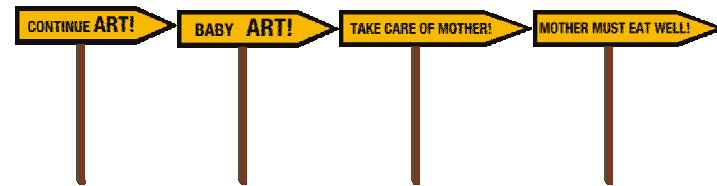
8. THE SIGN POST OF ANTENATAL CARE: Good antenatal care= healthy mother and healthy baby!



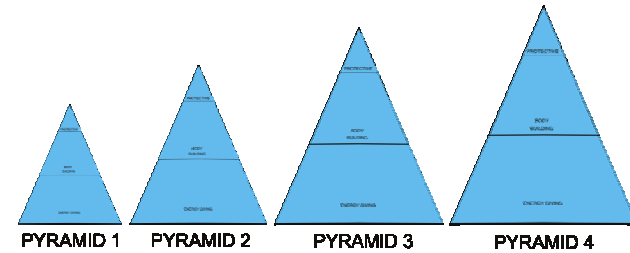
10. THE THIRD STAGE OF THE JOURNEY:



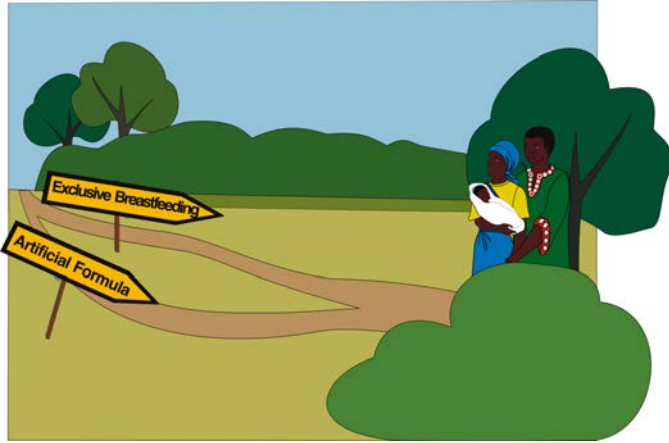
9. THE SIGN POST OF A SAFE DELIVERY: Skilled Birth Attendant = Healthy Mother and Baby!



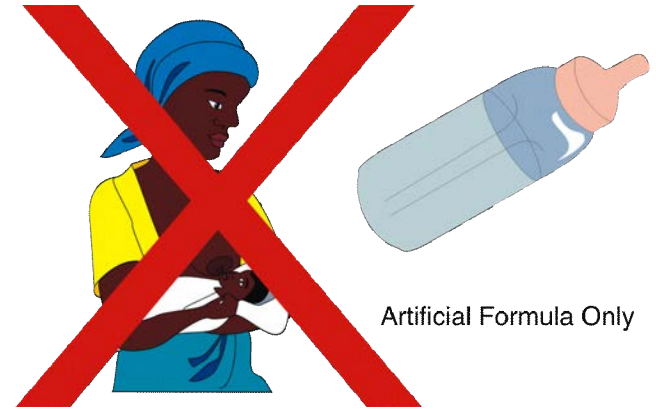
- **SIGNPOST 1: CONTINUE ART**
- **SIGNPOST 2: BABY ART**
- **SIGNPOST 3: TAKE CARE OF MOTHER**
- **SIGNPOST 4: MOTHER MUST EAT WELL**



- **Appropriate food intake:**
 - 1. Not breastfeeding**
 - 2. Healthy breastfeeding**
 - 3. Breastfeeding, HIV+**
 - 4. HIV+, breastfeeding and ill**



11. TWO ROADS TO THE SAME DESTINATION:



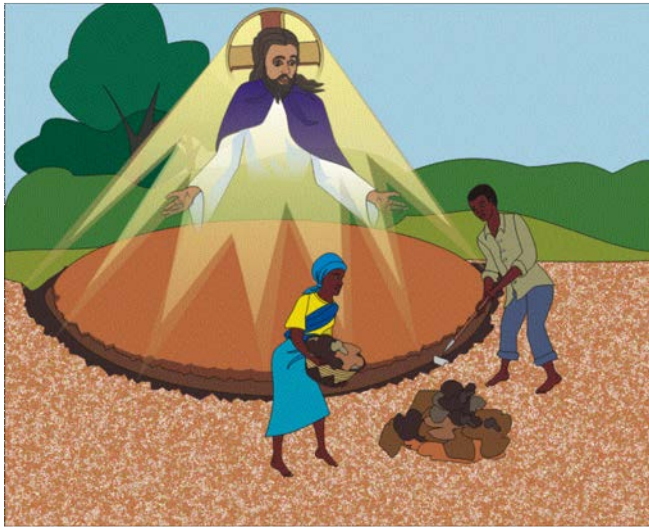
- **THE SECOND ROAD: ARTIFICIAL FORMULA FEEDING**



- **THE FIRST ROAD: EXCLUSIVE BREASTFEEDING**

MODULE TWO: BUILDING THE FAITHFUL HOUSE





1. A FOUNDATION IN GOD: Unless the Lord builds the house the builder toils in vain.



2. THE FIRST PILLAR, TRUE LOVE: To love with the self-giving love of Jesus.



3. THE SECOND PILLAR, FAITHFULNESS: To be faithful to your spouse and to give your body only to your spouse.



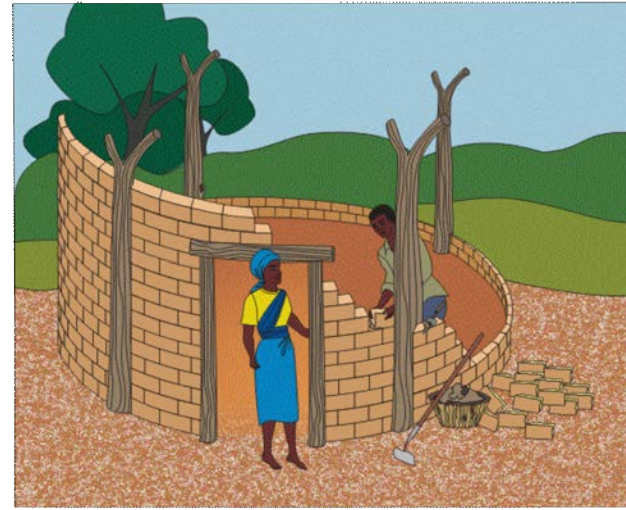
4. THE THIRD PILLAR, RESPECT: To see your spouse as beloved and always treat your spouse with respect and dignity.



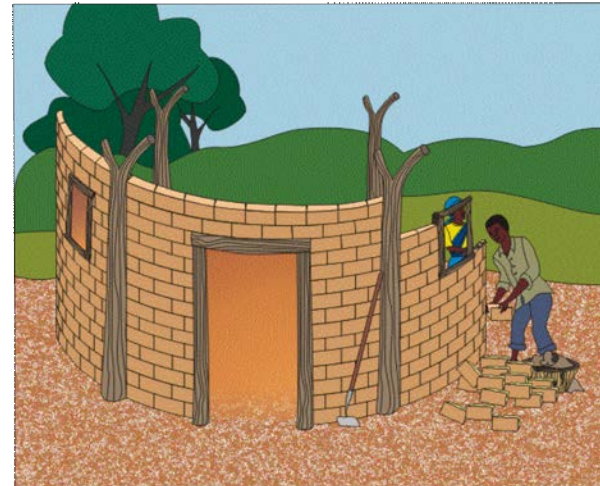
5. THE FOURTH PILLAR, COMMUNICATION:
To give and receive, to share willingly, to listen with love, to not have secrets.



6. OUR VALUES: a. God, b. Spouse,
c. Children, d. Job, e. Other



7. THE DOOR: “Submit yourself to each other
in the spirit of Christ Jesus.” How are we
responsible and accountable to one other?



8. WINDOWS OF LIGHT AND FORGIVENESS:
*In marriage we all fail at times; be willing to
open the windows of light and forgiveness.*



9. THE ROOF: *Consciousness is our deep loving awareness of God and others and our capacity to know, to act and to love.*



10. POSITIVE LIVING: *A CALL to acceptance, adherence and moving beyond stigma and discrimination.*



11. THE MARRIAGE BED: *Let us be with each other in deep loving awareness.*



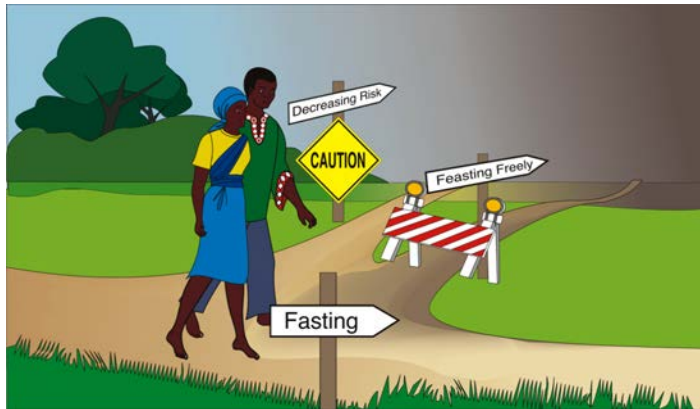
12. THE MARRIAGE BANQUET: *Invitation, preparation, feasting and gratitude.*



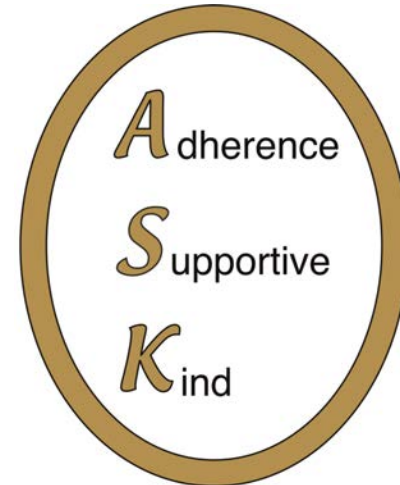
13. THE OPTION OF FASTING.



15. ROOM FOR CHILDREN: Care for the children you have, fast or ASK?



14. THE ROADS AHEAD: Consult your spiritual guide and health care team.



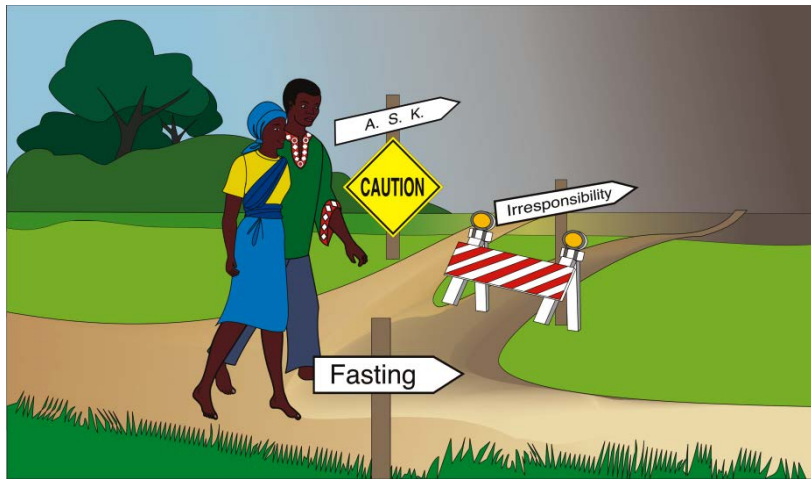
16. A.S.K.: 100% Adherence, both spouses Supportive, is the decision Kind?



17. BREASTFEEDING: Exclusive, Be Faithful, Be Adherent.



19. POSITIVE PARENTING: Attitude, be present, communicate, development, expectations, forgiveness, God.



18. THE ROADS AHEAD: Fast or ASK?



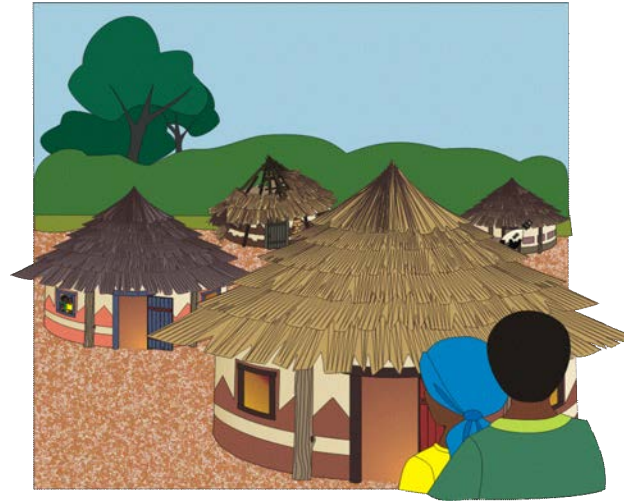
20. THE NO TOUCH RULE.



21. ALWAYS BE CHASTE.



22. ALWAYS FAITHFUL: Love unto death.



23. CULTURE AND THE HOUSES AROUND US.



24. BROKEN HOUSES: Poverty, alcoholism, domestic abuse/violence.



25. ECONOMIC EMPOWERMENT.



27. A CLOSER LOOK AT OUR VALUES.



26. GOD'S HOUSE OF MERCY.



28. VITAL: Preparing for pregnancy.