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.

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MODULE ONE: THE JOURNEY OF PREGNANCY

1. PREGNANCY AS A JOURNEY

2. HIV AND THE JOURNEY OF PREGNANCY

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

4. THE ROAD TO RECONCILIATION
5. A Safe Journey Plan

6. THE SIGN POST OF ANTIRETROVIRAL THERAPY (ART)

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

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

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

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

10. THE THIRD STAGE OF THE JOURNEY:

- 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 FIRST ROAD: EXCLUSIVE BREASTFEEDING
- THE SECOND ROAD: ARTIFICIAL FORMULA FEEDING
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.


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.

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

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

16. A.S.K.: 100% Adherence, both spouses Supportive, is the decision Kind?
17. BREASTFEEDING: Exclusive, Be Faithful, Be Adherent.

18. THE ROADS AHEAD: Fast or ASK?

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

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.

26. GOD’S HOUSE OF MERCY.

27. A CLOSER LOOK AT OUR VALUES.

28. VITAL: Preparing for pregnancy.