



A NEW MOTHER LIVING WITH HIV



MOTHERS WHO ARE LIVING WITH HIV MAY FACE ADDITIONAL CHALLENGES

STAYING HEALTHY

Go to your doctor appointments

Take your medicine



A woman with long brown hair, wearing a light green textured button-down shirt, is smiling and holding a newborn baby. The baby is wearing a white onesie and is sleeping peacefully. The background is a plain, light color.

***Give your baby
medicine***



TO BREASTFEED OR NOT

***Telling people you
are choosing not
to breastfeed***



A close-up photograph of a woman with dark hair tied back, wearing a grey t-shirt, feeding a baby. She is holding a clear plastic baby bottle with a green ring and a yellow nipple. The baby is wearing a light blue and white striped onesie. The woman is looking down at the baby with a gentle expression. The background is dark, and a wooden crib is partially visible on the right side.

*Using formula
and bonding with
your child*

Eat healthy foods



Get enough rest



Ask for help from friends and family



BIRTH CONTROL AFTER PREGNANCY



POSTPARTUM DEPRESSION AND ANXIETY



Support in Saskatchewan

For more information about available support related to HIV in Saskatchewan, please visit: <https://www.skshiv.ca/map-of-services>.

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our goal is **healthy** children

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