

Are you thinking about how to feed your baby while living with HIV?

Here are some useful questions to ask.



1

Do you have the latest information on HIV and feeding your baby?

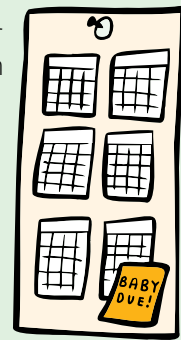
You should have access to the latest information in a way that is easy to understand.

2

Have you had time to think about this information?



Thinking about this can take time. You can start talking about your feeding choices early in your pregnancy.



3

Can you talk to other women and birthing parents who have been on the same journey as you?



It can be useful to share experiences and learn from others. Ask your healthcare team if they can put you in touch with peer support.

Welcome to our Whatsapp group! We found the information and videos in Healthtalk really useful.

Thank you so much!

You're welcome. We're here for you!

4

Does your healthcare team understand your situation and what you are feeling?



There are no simple answers or easy decisions and families benefit when their healthcare team understand this and try to put themselves in your shoes.

5

Do you need extra support to come to a decision with your partner?



If you want to make a joint decision with your partner, talk to your healthcare team about how much your partner knows about HIV. You could come to the clinic together.

6

If you bottle feed, what will you say to family and friends if they question you about it?



Family members and friends may ask why you are not breast/chest feeding. Thinking of what to say ahead of time, can be helpful. Your healthcare team can help you with this.

7

Do you need financial help to bottle feed?



In some places, you can get free formula milk and equipment (such as bottles and sterilisers). Ask your health care team or HIV charity if this is available to you.

8

Do you know where to get support if you have questions about breast/chest feeding?



Speak to your healthcare team for advice and support with things like sore nipples, not enough milk or a runny tummy. It is important to know who to contact in advance.

9

Do you feel your healthcare team is supportive and non-judgemental?

It's important that you can have open conversations with your healthcare team about the options for feeding your baby. Peer mentors can help you if you don't feel heard.



MORE INFORMATION

Healthtalk: Scan this code to read real life experiences of feeding a baby while living with HIV, and find further resources and information.



NUFFIELD DEPARTMENT OF
PRIMARY CARE
HEALTH SCIENCES
Medical Sciences Division

<https://healthtalk.org/Feeding-a-baby-while-living-with-HIV/Conversations-with-HIV-clinicians-about-infant-feeding-and-HIV>

BHIVA: Go to www.bhiva.org for all medical guidance for people with HIV in the UK, including the pregnancy guidelines.

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Design by Jane Shepherd