

10

## TIPS FOR TELLING YOUR KIDS ABOUT YOUR

# CANCER

### PLAN THE CONVERSATION



Have an age-appropriate conversation with your child and use simple language

### EXPLAIN THE TREATMENT



Be sure your child understands that treatments are designed to kill cancer cells and make you better, but they also may make you tired and you may lose your hair

### STAY POSITIVE



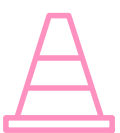
Your attitude can and will affect your child's, so it is important to stay positive

### LET YOUR CHILD HELP



Give your child an age-appropriate task, such as a daily hug or helping with dinner. It will allow your child to feel important and play an integral role in your recovery

### SET BOUNDRIES



Let others know what is and is not okay to mention in front of your child. Do not be afraid to enforce those boundaries

### "IT'S NOT YOUR FAULT"



Help your child understand that the cancer is not their fault. Cancer is naturally occurring, and most of the time, no single cause can be pinpointed

### SOME THINGS WON'T CHANGE



Let your child know that they are loved and some things won't change. Schedule a weekly pizza date or movie night for added fun

### BE HONEST



Be reassuring, but don't make concrete promises about the future. Make sure your child is prepared for anything that may happen

### LET OTHERS HELP

Let family, friends, teachers, school counselors and others know what is going on. They can be a huge help



### ASK QUESTIONS, GIVE ANSWERS

Take time to ask each other questions. You may be surprised by what you find out



## GULF STATES YOUNG BREAST CANCER SURVIVOR NETWORK

