

LITTLE Ripples

TELLING
YOUR
CHILDREN
YOU HAVE
CANCER

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If you're a parent with cancer, talking to your children about it might be one of the hardest things you ever do. Here is what the evidence tells us helps:

BE HONEST

in age appropriate language

Let them ask questions, and be OK with saying

"I DON'T KNOW YET"

PREPARE THEM

for changes they might see such as hair loss and tiredness

Let them know

IT IS NOT THEIR FAULT

KEEP ROUTINES

going where you can

YOU DO NOT HAVE TO
FIGURE THIS OUT ALONE.

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