

## How a Child Life Specialist can help

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A new diagnosis of cancer can bring many emotions, such as anger, sadness and fear. A Child Life Specialist can help your child and his or her siblings cope through a cancer diagnosis and the treatment journey.

### The Child Life Specialist on the Oncology Team can help your child and family by:

- Explaining cancer in a way your child can understand
- Helping prepare your child and supporting him or her through tests, procedures and treatment
- Using medical play to help your child gain a sense of control over medical tools and equipment
- Helping your child find ways to safely express his or her feelings
- Providing helpful suggestions if your child has some challenging behaviours during treatment
- Helping your child find ways to manage if he or she is having a difficult time taking medicines, sleeping or is anxious about procedures related to treatment
- Helping your other children to express and cope with their thoughts and feelings

#### Child Life Specialists:

- ✓ Are members of your child's Oncology Team
- ✓ Understand how children perceive disease and illness
- ✓ Have experience in working with children of all ages and their families

#### There are 3 Child Life Specialists on the Oncology Team:

- One is available to help children staying in the hospital (in-patient).
- Two are available to help children during their clinic visits (out-patient).