



How a Child Life Specialist can help families with a cancer diagnosis

For most people, learning that they have cancer can bring with it many questions and feelings. Our team of supportive care staff are here to help, and include nurses, physicians, psychologists, social workers, dietitians and most recently, a child life specialist.

A Child Life Specialist is a member of the health care team who focuses on helping children and youth, age 3-17 years, understand their caregiver's diagnosis and how that affects their family. Below are some ways a Child Life Specialist can help families:

- Teach the child, youth or adolescent about the diagnosis of their parent or caregiver in a way that they can understand
- Explain any changes in the parent or caregiver's health or treatment plan
- Provide time to understand how the child/youth is coping with this change in their family
- Help with hospital visits for the child, youth or adolescent
- Parenting support
- Legacy building
- End of life support
- Grief and bereavement resources

To arrange for a Child Life Specialist to help your family, please speak to a member of your health care team.