

# Pathfinder Series: Talking to Children, Youth & Teens about Cancer

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This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books

*Butterfly Kisses and Wishes on Wings: When Someone You Love has Cancer... A Hopeful, Helpful Book for Kids* / McVicker **6.5.25 2021**

- story told through the eyes of a child
- simple and clear understanding of cancer

*Cancer in Our Family: Helping Children Cope with a Parent's Illness* / Heiney **6.5.2 2013**

- help young children/adolescents cope with the changes, disruption, and challenges cancer can bring to family life
- includes activity pages for children

*Chemotherapy 101 for Kids: An Easy to Understand Guide for Children* / Gomez **6.5.32 2022**

- written by a 2x cancer survivor and mom
- bright colours and fun illustrations help make chemotherapy less scary to kids

*I Have a Question about Cancer: Clear Answers for All Kids, Including Children with Autism Spectrum Disorder or Other Special Needs...* / Gaines **6.5.5 2019**

- designed to help kids, including children with autism spectrum disorder or other additional needs understand what it means when someone in their life has cancer

*I Wonder What It's Like When a Parent Has Cancer: Max's Story* / Rebecck **6.5.33 2023**

- written by a Child Life Specialist
- a guide for teaching children about cancer and coping tools

*Someone You Love Has Cancer: A Child's Guide to Understanding* / Duttmann **6.5.11 2017**

- written to empower children and ease their anxiety by opening meaningful conversations

*What Happens When Someone I Love Doesn't Feel Good* / Olsher **6.5.31 2023**

- designed to empower kids with knowledge, reduce stress by showing kids what to expect, and take abstract concepts and make them concrete

## Websites

### **American Cancer Society – Helping Children When a Family Member or Someone They Know Has Cancer**

<https://www.cancer.org/treatment/children-and-cancer/when-a-family-member-has-cancer.html>

- explains cancer to children of different ages
- offers advice on explaining the initial diagnosis, recurrence, treatment, terminal illness and more



### **Canadian Cancer Society – Talking to children about cancer**

<http://www.cancer.ca/en/cancer-information/living-with-cancer/talking-about-cancer/talking-to-children-about-cancer/?region=on>

- what children understand about cancer
- offer strategies on how to tell children about a family member or friend who has cancer, and what or how much to say



### **Cancer Research UK – Talking to children about cancer**

<https://www.cancerresearchuk.org/about-cancer/coping/mental-health-cancer/talking-children>

- useful tips, practical ways to support your child, advice about when and how to tell children about cancer, and more



### **Canadian Virtual Hospice - Talking with Children and Youth about Serious Illness**

[http://virtualhospice.ca/en\\_US/Main+Site+Navigation/Home/Topics/Topics/Communication/Talking+with+Children+and+Youth.aspx](http://virtualhospice.ca/en_US/Main+Site+Navigation/Home/Topics/Topics/Communication/Talking+with+Children+and+Youth.aspx)

- tips on starting the conversation about illness with your child
- ways to communicate depending on the ages of the children



### **MacMillan Cancer Support – Talking to children and teenagers**

<https://www.macmillan.org.uk/information-and-support/coping/talking-about-cancer/talking-to-children/explaining-cancer.html>

- lists the benefits of talking and being open with children and teens
- tips on what to say, important points to discuss and information on explaining cancer to children who have learning disabilities



### **riprap: when a parent has cancer** <http://www.riprap.org.uk/>

- UK site developed especially for teenagers who have a parent with cancer
- share your story, join the discussion forum, read questions from other teens, and more



### **University Health Network – When a Parent has Cancer**

[https://www.uhn.ca/PatientsFamilies/Health\\_Information/Health\\_Topics/Documents/When\\_a\\_Parent\\_Has\\_Cancer.pdf](https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/When_a_Parent_Has_Cancer.pdf)

- gives parents and family members advice and information on how to approach the subject of cancer with children of various ages
- discusses how to talk to your child about a cancer diagnosis, how you can expect children to react

