



Take time to sit down and think that someone has it worse off than you - think positive instead of negative

- ☺ Put the cancer behind your back think about something else



Friends can say the wrong things - tell friends don't say "I know how you feel ... say I feel for you"

- ☺ Tell them "I know how you feel" and listen to the person
- ☺ Your life will change-ups and downs but good comes out of it
- ☺ Cancer is an uncomfortable topic - it's ok
- ☺ Comfort the person
- ☺ If this happened to another kid - I would just listen to them
- ☺ Say "We'll get through it together"
- ☺ Say "It is going to be okay"
- ☺ Doctors will help them and try and control it (cancer)
- ☺ Many people have cancer, it's not your fault ... luck of the draw




---



---



---



---



---



---

London Regional Cancer Program offers the support group **"Coping with Cancer: When a Parent Has Cancer"**. This group is divided into two parts.

**PART I: Group for Parents and Children/Youth**

This Group is for families who are dealing with a parent's cancer. Children/youth and parents attend the program but are in separate groups.

**PART II: Creative Coping Through Art for Children/Youth**

This Group builds on Part I and uses creative exercises to help build coping and self care strategies.

For more information on this group please call Supportive Care 519-685-8622.

# Helpful Hints

## When a Parent Has Cancer

This brochure contains helpful hints collected from children and youth attending the London Regional Cancer Program group "Coping with Cancer: When a Parent Has Cancer", from 2002-2008.



**London Health Sciences Centre**  
London Regional Cancer Program

790 Commissioners Road East  
London, Ontario N6A 4L6  
519-685-8600  
[www.lhsc.on.ca/About\\_Us/LRCP/](http://www.lhsc.on.ca/About_Us/LRCP/)

## Tips for Parents

### from Kids...

- ☺ Tell your kids about it
- ☺ More information – the more I learned the safer I felt
- ☺ Ask: How can I help?
- ☺ Can get through it if you work together and talk as a family – information and talking are important
- ☺ Say to your family – don't worry about what will happen in the future be happy now

## Tips for Kids

### from Kids...

#### Keep Busy

*Play like you always play and think he doesn't have it*

- ☺ Try to keep busy ... keep your mind off of it
- ☺ Don't let it stop you from doing things
- ☺ Be a kid instead of being too serious
- ☺ Don't let it (cancer) take over your life

#### Help Out

*Help out more because they're weaker*

- ☺ Help out your mom to get better
- ☺ If your mom has cancer ... don't yell and help out more
- ☺ Don't be afraid to play with him or be afraid of his sickness
- ☺ Treat them nice - don't make fun

#### Talk

*Talk to a friend, tell somebody*

- ☺ Tell your friend they can talk to you
- ☺ Talk about it-it makes you feel better
- ☺ Talk to family-be open-push it!

#### Get Informed

*If you don't know information then find out! Ask!*

- ☺ INFORMATION HELPS – don't be afraid to ask questions – if you know more you can help more



#### Express Yourself

*It's normal to be sad*

- ☺ Take anger out on a pillow
- ☺ Use email to tell your friends how you're feeling
- ☺ It's o.k. to cry (healing with tears)
- ☺ Have no regrets "tell them now"
- ☺ It's normal to feel guilty – it's part of life
- ☺ Express feelings
- ☺ It is o.k. to worry – worrying is normal
- ☺ Don't worry too much
- ☺ Don't panic
- ☺ Keep your chin up, be happy

#### Thoughts

*You have control (power) over your attitude*

- ☺ Expect the worse, hope for the best and picture this in your head
- ☺ Think good things
- ☺ Think positive
- ☺ Don't think they will die
- ☺ Think positive about it - take the positive side for example "more time with dad"