



Dana-Farber Cancer Institute

TIPS FOR CHILDREN WHEN A PARENT HAS CANCER

Keep a parent company

Spending time with your parent can be very comforting to them.

Communicate with each other

How are you feeling today? Writing or drawing is a good way to tell each other your feelings.

Talk about things

Talk about friends, sports you are doing, school, whatever you are doing.

Be a cook

A parent will enjoy a bowl of Jell-O or a glass of ginger ale, knowing it was prepared by you. Help out where you can.

Cheer up with art

Draw a funny or happy picture that will cheer up Mom or Dad or share riddles or jokes.

Have some fun

Make a video, sing songs, or play a game.

Take time for yourself

Going to school is important. You also need to eat well and make time for fun.

It is okay to feel this way

Many kids feel sad or mad when a parent is sick. Sometimes things get better if you talk about them. Share your feelings with your parents, or another adult, or a good friend you can trust.