THINK AHEAD
about the message you
want to deliver.

PRACTICE
1–2 sentences in the mirror
or with someone you trust.

PICK
a quiet time to talk, when
your child feels rested.

CONSIDER
kids’ differences in age, and learning
and communication style.

USE
words your child can
understand. Keep it simple.

REASSURE
your child you love them.
Sit close, hold hands or hug.

EMPHASIZE
that nothing kids did or thought
caused the cancer.

EXPLAIN
what you know, and
what you don’t.

TALK
about how their daily lives
might change.

ASK
your kids to explain back
what you’ve said.

CONTINUE
to talk in the times ahead.

STOP
when they can’t listen or
want to play.

WHEN MOM HAS
BREAST CANCER:
How to say it

Keep it simple.

2–3
YEARS OLD

4–10 YEARS OLD

11–13
YEARS OLD

14–18 YEARS OLD

SEE WHAT PARENTS ARE SAYING AT
LBBC.ORG

MODEL
healthy ways to express tough
feelings: “It’s OK to feel sad or angry.”

Adapted from “Talking to Children About Breast Cancer” on LBBC.ORG. Visit our site for more tips. Original text reviewed by Kathleen Coyne, MSS, LCSW.