

TALKING WITH KIDS about breast cancer



LIVING BEYOND
BREAST CANCER®

With you, for you.

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.

WHEN MOM HAS BREAST CANCER: How to say it

Keep it simple.

2-5
YEARS OLD

6-10 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."

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.