

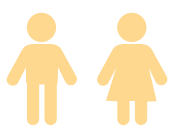
WHEN MOM HAS BREAST CANCER: How to say it



LIVING BEYOND
BREAST CANCER®

With you, for you.

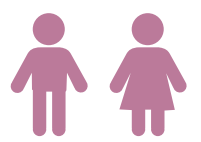
Use words your child can understand.
Keep it simple.



2-5 YEARS OLD

- Use a stuffed animal to show the site of the cancer.
- Keep answers brief and simple.

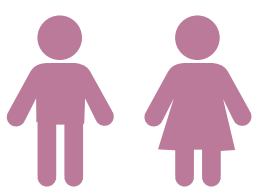
“You can’t catch breast cancer from me.”



6-10 YEARS OLD

- Be ready for questions.
- Talk about how family routines may change.

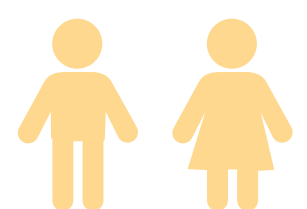
“There may be times I won’t have energy. Your uncle will take you to school when I can’t.”



11-13 YEARS OLD

- Ask how they want to be involved in your care.
- Offer to help them choose what to say to friends.

“You might want to let John know what’s happening. It helps to have someone who understands.”



14-18 YEARS OLD

- Talk on an adult level.
- Help them maintain their lives and socialize outside your family.

“I will keep you updated and will answer any questions you have.”

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.