

# Discussing Breast Cancer with Kids:



## Resource Roadmap



### American Cancer Society Resources:

- Homepage and cancer helpline: [www.cancer.org](http://www.cancer.org), (800) 227-2345
- National Navigation Roundtable: [www.navigationroundtable.org](http://www.navigationroundtable.org)
- Article: [How to Tell a Child That a Parent Has Cancer](#)
- Article: [How can I help my child when I have so little energy?](#)
- Article: [How will I know if my children need extra help?](#)

### Living Beyond Breast Cancer (LBBC) Resources:

- Homepage and Breast Cancer Helpline: [www.lbbc.org](http://www.lbbc.org), (888) 753-5222
- Parenting with breast cancer: [www.lbbc.org/parenting](http://www.lbbc.org/parenting)
- Reading for Reassurance: [Free Books for Kids](#)
- [Breast Cancer in Young Women](#)
- [Living with Metastatic Breast Cancer](#)

# Additional Resources:

## **Wonders & Worries, [www.wondersandworries.org](http://www.wondersandworries.org)**

*'Wonders & Worries (Texas-based) provides free, professional support for children and teenagers through a parent's serious illness, so that they can reach their full potential. Through individual and group therapy sessions, kids and teens learn about illness and build coping and communication skills.'*

Wonders & Worries also has an extensive catalogue of online resources:

[www.wondersandworries.org/illness-discussion-resources](http://www.wondersandworries.org/illness-discussion-resources)

Helpline for national callers: 1-844-WE-WONDER (844-939-6633)

Downloadable app to support teens: [www.wondersandworries.org/mobileapp](http://www.wondersandworries.org/mobileapp)

## **Camp Kesem, [www.kesem.org](http://www.kesem.org)**

*'5 million children are at risk of experiencing increased anxiety, emotional isolation, loss of social interest, and/or feelings of hopelessness. And that's why, at Kesem, we are committed to creating a world where every child who has a parent with a cancer diagnosis or has lost a parent to cancer is never alone. We support these children through and beyond their parent's cancer with free, fun-filled creative programs and a lasting community.'*

To find a chapter near you, visit: [www.kesem.org/programs-services/kesem-chapters](http://www.kesem.org/programs-services/kesem-chapters)

Kesem's online community of support: [www.kesem.org/programs-services/family-resources](http://www.kesem.org/programs-services/family-resources)

## **Walk with Sally, [www.walkwithsally.org](http://www.walkwithsally.org)**

*'When a person is diagnosed with cancer it affects those around them. At Walk With Sally (Southern California-based), we wrap our arms around the family by providing free, one-on-one mentoring and community support to the children of loved ones who have been impacted by cancer regardless of race, gender, ethnicity, sexual orientation, religion, and regardless of income.'*

# Guides for Discussion

- Cancer Support Community: [Frankly Speaking about Cancer: What do I tell the kids?](#)
- American Cancer Society: [How should I talk about cancer recurrence with my children and help them cope with it?](#)
- Young Survival Coalition: [Helping Children Cope with Cancer](#)
- Wonders & Worries: [Illness Discussion Resources](#)
- National Cancer Institute: [Talking to Children about Your Cancer](#)
- Cancer Care: [Talking to Children When a Loved One Has Cancer](#)
- MD Anderson Cancer Center: [When a parent has cancer: Helping teens and kids cope](#)
- Kate's Club: [Resources for Children Experiencing Grief and Loss](#)

# Videos

- [Someone in my family has cancer: A video for kids and parents](#)
- [Mom Has Cancer: What Comes Next—Talking to Kids About a Family Diagnosis](#)
- [Kid to Kid: Your Parent Has Cancer](#)
- For parents: [Unpacking Cancer from the Back Pack: How to Help Kids and Teens Thrive at School When a Parent or Loved One has Cancer](#) Webinar from Triage Cancer

# Books for Parents

- [Cancer in the Family, Helping Children Cope with a Parent's Illness](#)  
by Joan F. Hermann & Sue P. Heiney
- [When a Parent Has Cancer: A Guide to Caring for Your Children](#)  
by Wendy Schlessel Harpham
- [How to Help Children Through a Parent's Serious Illness](#)  
by Kathleen McCue & Ron Bonn



# Books for Kids

## Ages 4 - 12

- [A Mom of Many Hats](#) by Deborah Fink & Lisa Perea Hane
- [Butterfly Kisses and Wishes on Wings](#) by Ellen McVicker
- [In Mommy's Garden](#) by Neyal J. Ammary-Risch
- [Maggie Lives with Breast Cancer: A Family Tale of New Beginnings](#) by Laura Vidal
- [Mommy's Naughty Cancer](#) by Dr. Tonya Echols Cole
- [Mommy, What's Cancer?](#) by Dr. Gwendolyn Kollmorgen
- [My Cancer Mommy](#) by Taylor Rice
- [My Mommy Has Breast Cancer, But She Is Ok!](#) by Kerri M. Conner
- [Nowhere Hair: Explain Cancer and Hair Loss to Kids](#) by Sue Glader
- [Okay Mommy, I Will Help You: Oh No! My Mom Has Breast Cancer](#) by M.N.L.
- [Sammy's Mommy Has Cancer](#) by Sherry Kohlenberg
- [The Cancer That Wouldn't Go Away: A story for kids about metastatic cancer](#) by Hadassa Field
- [The Kids' Guide to Mommy's Breast Cancer](#) by Karyn Stowe
- [What Happens When Someone I Love Has Cancer](#) by Sarah Olsher
- [Where's Mom's Hair?](#) by Debbie Watters

## Ages 13 - 17

- [My Parent Has Cancer and It Really Sucks](#) by Maya Silver & Marc Silver
- [Making It Mine: Stories of Teens Who Found Themselves in Their Parents' Cancer](#) by Brie Bernhardt
- [The Year My Mother Was Bald](#) by Ann Speltz
- Free NCI booklet Download: [When Your Parent Has Cancer – A Guide for Teens](#)