

Talking to kids about blood cancer and blood disorders

The diagnosis of blood cancer or blood disorder of a parent or caregiver affects the entire family. Your family may have young children and teenagers that have fears and concerns about your health. A diagnosis can feel overwhelming to discuss, particularly with your children.

These websites offer guidance about parenting with cancer, starting and continuing conversations, books, podcasts and counselling you and your family may find helpful. These general resources are not exhaustive and are intended as a guide only. We acknowledge all children and families are different and you know your child's needs best.

Resource	Description
<u>Cancer Council: Talking to kids about cancer</u>	Focus on being a parent with cancer. How to find support and resources, including a comprehensive list of Australian and international websites and recommended books for children.
<u>Australian Government: Our mob and cancer</u>	Specific Aboriginal and Torres Strait Islander information on how to yarn with kids of different ages. Find general information about cancer diagnosis.
<u>Parenting through cancer</u>	Canteen, Camp Quality and Redkite work together at Cancer Hub to help families affected by cancer with children aged 0-25. Easy access to information about practical and emotional support.
<u>Canteen</u>	<i>Suitable for ages 12-25</i> Focus on parenting through illness, talking to children and providing counselling to parents and children. Video resources with parenting issues and tips.
<u>Fruitfly Collective</u>	Resources for parents, carers and adults. Focus on parenting and talking to kids. Book, video and podcast resources. Beautiful and easy to use website.
<u>Playschool: Beginnings and endings</u>	<i>Suitable for ages 3-5 (30 mins)</i> A gentle episode that celebrates new life and reflects on loved ones who've died. It uses stories and play to explore what can be challenging times for children.
<u>Bluey: Copycat</u>	<i>Suitable for ages 5-7 (7 mins)</i> Sweet, gentle show that introduces the concept of loss and the value of play to understand big ideas.
<u>Australian Government's Translating and Interpreting Service or call 1800 131 450</u>	For people who speak a language other than English, you can ask for an interpreter to talk with someone in your own language.
<u>Palliative Care</u>	Resources for people with a life limiting illness, their carers and families.
<u>Good Grief</u>	Support for young people with issues of change, loss and grief affecting their everyday lives.