Royal Devon
University Healthcare
NHS Foundation Trust

Talking to children when an adult has cancer – resources to help you

Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Books and resources available

Talking to children and teenagers when an adult has a cancer diagnosis can be hard at times.

There is so much information available and you may not know where to start.

This leaflet provides details of a selection of books we feel you may find helpful to support you in having these difficult conversations and websites providing additional information, podcasts, videos and downloadable resources.

Copies of these books may be available for you to look at while you're in hospital. Please ask your Clinical Nurse Specialist team about the availability of these.

All books are available to order from online suppliers or through a local bookshop.

Cancer Party! by Sara Olsher

Explaining cancer, chemotherapy, and radiation to kids in a totally non-scary way. Ages 4-10.

The Secret C by Julie Stokes

Straight talking about cancer. Ages 6-9.

What happens when someone I love has cancer by Sara Olsher

Explains the science of cancer and how a loved one's diagnosis and treatment affects a kid's day-to-day life. Ages 4-10.

I have a question about Cancer by Arlene Grad Gaines and Meredith Englander Polsky

Clear answers for all kids, including children with Autism Spectrum Disorder or other special needs, to understand what it means when someone in their life has cancer. Ages 5-11.

Nowhere Hair by Sue Glader

Explains your cancer and chemotherapy to kids.
Ages 2-10.

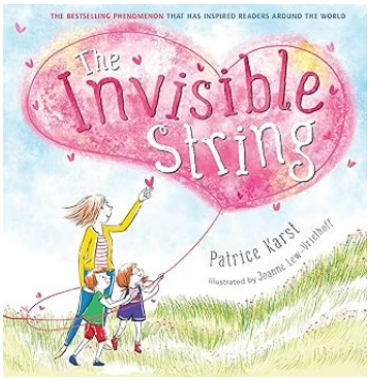
The Loved One Pack from The Little C Club

Colourful and interactive flash cards to help everyone talk to their children and family about cancer.

Available on The Little C Club website:
https://www.littlecclub.com

The Huge Bag of Worries by Virginia Ironside

Picture book to help children understand that sharing worries is better. Ages 4-8.



The Invisible String by Patrice Karst

Helps with children's feeling of separation anxiety.
Ages 3-6.

Further information and support

Macmillan: Information for talking to children about cancer. Also, available in audio book format.
https://www.macmillan.org.uk/cancer-information-and-support/diagnosis/talking-about-cancer/talking-to-children-and-teenagers

Cancer Research UK: Resources to help you talk to children about cancer.
https://www.cancerresearchuk.org/about-cancer/coping/emotionally/children-resources

Shine Cancer Support: Support for those in their 20s to 40s with cancer and resources for their families, this includes information, podcasts and videos.
https://shinecancersupport.org

Parenting with Cancer/Fruit Fly Collective: Help to empower parents with a cancer diagnosis to navigate family life and support their children. Providing information, workshops and coaching sessions. Downloadable resources for talking to children about cancer and a list of books and stories that explain cancer in a child friendly way.
https://www.parentingwithcancer.org

The Little C Club: A project set up by two mums navigating parenthood whilst facing a cancer diagnosis, to improve the way parents communicate with children after a diagnosis of cancer. Online shop for flashcard packs from A-Z for children.
https://www.littlecclub.com

Force Cancer Support Centre: Local charity providing free support and information to those affected by cancer.
https://forcecancercharity.co.uk/

Fern Centre Counselling Service: contactable on 01271 334472 or rduh.cancercarecounselling@nhs.net

Your notes

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.

Scan the QR code to visit the Care Opinion website →

Royal Devon University Healthcare NHS Foundation Trust
www.royaldevon.nhs.uk

Acknowledgment : This leaflet has been developed by a Trust Cancer Support Worker

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon sites or in community settings.

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