Talking to Children About Advanced Cancer and End of Life

THE IMPORTANCE OF HONESTY & COMPASSION



HOPE&COPE
L'ESPOIR C'EST LA VIE

This book has been reviewed by health care professionals and young adult patients in order to present the most up-to-date and comprehensive material for those who need to discuss end of life with their children. This information is meant to complement, but not replace the advice you may have received from your medical team.

"We can't always protect the people we love but we can prepare them."
Author unknown

BALANCING HOPE WITH REALITY

A diagnosis of advanced cancer does not mean giving up hope. Some people live for years with cancer that has advanced while they receive ongoing treatment along with symptom control. As the disease progresses, the new focus may be on living comfortably for as long as possible or as one young woman recently stated: "*I focus on things in my life that I can control. I just do the best I can, enjoying family, friends, and the little things in life.*"

This booklet is designed to help parents and caregivers talk about end of life with their children. There is no specific "how to" guide, as each child is different and you know your child best. As you read it, you will find many suggestions and recommendations, so select the ones that you think are the most suitable for your family.

LIVING WITH UNCERTAINTY

Living with a diagnosis of advanced or metastatic cancer can leave you with a sense of hopelessness and with the feeling of living under a cloud of uncertainty. Once you have come to terms with your diagnosis, then you can begin to have that difficult conversation with your child and your family can focus on taking advantage of the time you have left together.



CHILD-FRIENDLY GLOSSARY OF TERMS

Bone Marrow	A thick, spongy liquid that fills the inside of a bone
Chemotherapy	A treatment using drugs to kill cancer cells or slow their growth
Intravenous (IV)	Medicine or drugs are given to a person through a needle. This needle goes into their vein
MRI (Magnetic Resonance Imaging)	Like an x-ray, it used to take pictures of certain parts of the body
Malignant	Another word for cancer. Bad cells grow and spread to other parts of the body
Mammogram	An x-ray of the breast to see if there is a tumor
Metastatic	Cancer cells travel from the original tumor to another part of the body
Palliative Care	Sometimes there is no more medicine that can help your special person get better. Special care is given to make them comfortable and take away their pain
Side effects	Things that might happen as a result of the cancer treatments (hair loss, nausea, tiredness)
Tumor	Cancer cells clumped together forming a lump

BEING TOGETHER

When cancer has progressed and life is even more uncertain, many families find new ways to make the most of every minute. Here are some ideas for maximizing your time with your family and preparing them for the future.

- Accept offers of help. This allows family and friends to feel that in some way, they are helping. You will also have more time and energy to spend with your family.
- Spend quality time with your family whether you are at home or at the hospital. Turn off cell phones at mealtime in order to make this a meaningful time together.
- Make a Legacy box. Together, you can select special memorable keepsakes such as treasured photos, birthday cards, a favorite item of clothing, tickets from special outings, a family recipe, a pressed flower from your garden, or a lock of hair. These items can be placed into the box, which can be made or decorated by the children.
- Plan a special outing with your family. You might want to show your kids where you grew up or you may want to take them someplace special, such as the beach, a sporting event or a theatre performance. There also may be a special place that they want to share with you. Of course, this all depends on how you are feeling.

WHEN ARE YOU GOING TO DIE?

"I honestly don't know, but I will probably get a little weaker each day now."

"No-one can answer that, but we are hoping that there will still be some good days. Whatever happens, we want to make the most of that time together."

"Pop is very ill now because the treatment hasn't made him better. He will not be having any more treatment and will probably die soon."



FINDING THE RIGHT WORDS
Clear & Honest Communication

Children will most certainly sense that something is happening, and not telling them can add to their anxiety and distress. Expect that there will be many questions, which should be answered honestly and in words your child can understand. Take your child's questions seriously and reassure them that no question is silly.

Use simple language including the words 'dying' or 'death'. Terms such as 'passed away', 'passed on', 'went to sleep', or 'gone away' can be confusing for children.

It may be helpful to have another adult with you. If you are at home, choose a familiar and quiet area where you can give your child your full attention without distractions. Try to avoid bedtimes if possible.

The table below has some suggestions on finding the right words to approach this delicate topic.

AM I GOING TO DIE?

"You can't catch cancer. Most people die when they're old and their bodies get worn out."

"It's very unusual and sad for someone young like you to be so ill that the doctors can't make them better."



Younger Children	Older Children
"The doctors would like to be able to fix Mommy but they can't. Mommy is not getting better - she is getting sicker."	"The doctors say that the medicine / treatments have not worked. There isn't anything else they can do. We think that means dad will die. We want to make the most of the time we have left."
"You know mommy has been sick for a long time and the doctors have tried to help her. Well, today they told us that she isn't going to get better."	"No one knows how much your mom can hear or feel right now. Talk to her like you usually would. Although she can't answer back, she may be able to hear what you are saying and it will make her feel happy to know you are here."
"We thought that the medicine would get rid of the cancer. We found out that it didn't work and the cancer is growing."	"Your father is not going to get better. It looks like he will die soon. Do you want to go into his room now and say goodbye?"

HELPING CHILDREN OF ALL AGES

Explaining a serious illness to children is one of the most difficult things that a parent can experience. Answer any questions they may ask as honestly as you can and if you do not know the answer, tell them you will try to find out. Remember that the suggestions in this book will serve as a guideline and may or may not be suitable for your particular child. You know your child best.

PRESCHOOLERS (3-5 YEARS OLD)

Children at this age focus mainly on themselves and how life affects them. Their world is that of "Magical Thinking" or not being able to tell fantasy from reality. They live in the present and do not understand the concept of future.

Reactions/How Children Cope

Be aware that children younger than five years of age have a very basic understanding of time. They do not understand the concept of "forever." Answers to their questions may have to be repeated several times. They may:

- Show more fear and anxiety when separated from the parent or caregiver.
- Not be able to express their feelings.
- Become overactive or withdrawn.
- Display changes in eating and sleeping.
- Regress to behaviors from an earlier age (bedwetting or thumb sucking).
- Be angry with the sick person or become distant.
- Need close physical and emotional connection to adults who are important to them.
- Lose interest in toys and activities when sudden separation of ill parent occurs.
- Express emotions through play or with toys.

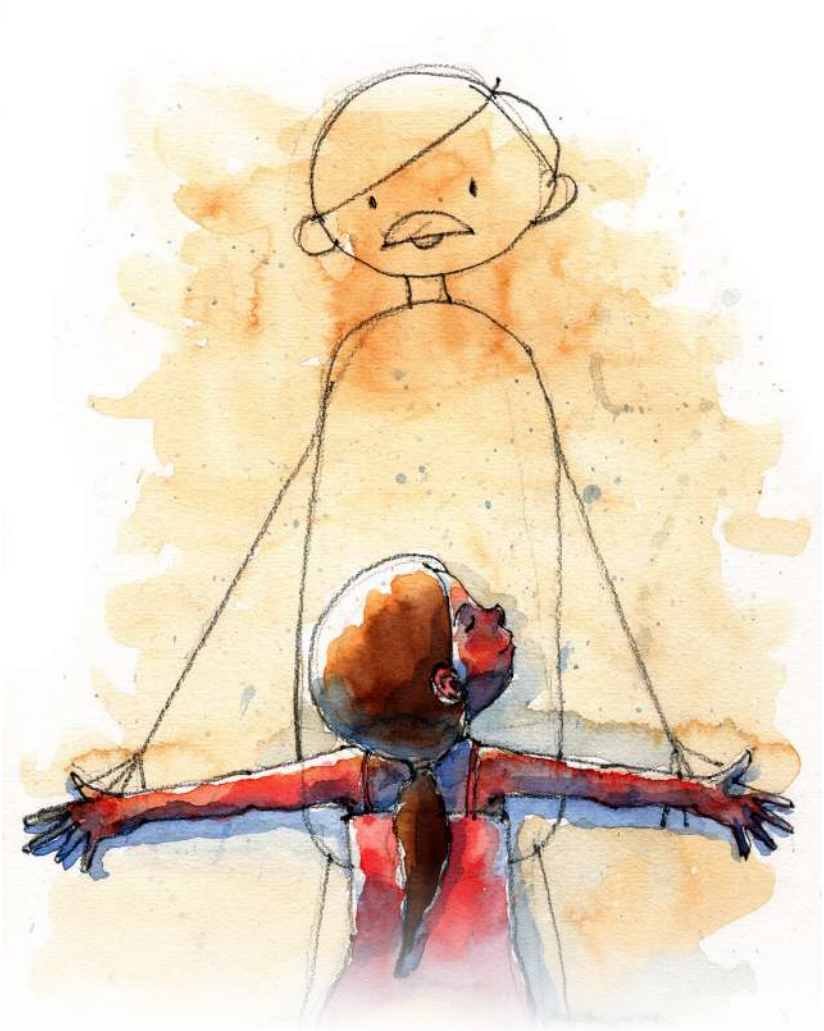


How a parent or caregiver can help

- Answer questions as honestly as possible and in words that the child can understand. Use a normal tone of voice.
- Seek help from relatives, friends, or neighbors to keep the child's routine and care as normal as possible.
- Reassure the child that they will always be cared for.
- Use play and art work to help the child express how they are feeling.
- Help the child understand what the parent cannot do. "It is hard for mommy to tidy your room. Let's ask grandpa to help."
- Keep the child as close to the parent or regular adult caregiver if possible.

WILL DEATH HURT?

"Death doesn't hurt. Mom is not feeling anything anymore."



YOUNG SCHOOL-AGE CHILDREN (5-8 YEARS OLD)

Young children at this age enjoy a physical relationship with their parent. They enjoy being cuddled, played with, and being cared for. It's important to continue that as long as possible, not only for the sake of the sick parent but also for the child. It's important to explain any changes right away.

Reactions/How Children Cope

Children of this age react both physically and emotionally when they hear that a beloved parent has cancer. They may:

- Need constant reassurance that their parent loves them. Physical contact like hugging or holding hands is important to them.
- Focus on parents, family life, and routines.
- Become angry if regular activities or routines change.
- Become highly emotional.
- Be curious and ask lots of questions (will I get cancer?)
- Blame the other parent or another loved one, thinking that they could have prevented the illness from happening.
- Worry about their own health or the health of their other family members.
- Show great interest and curiosity about hospital equipment.

How a parent or caregiver can help

- Answer all questions honestly, including, "Will Mommy (or Daddy) die?" Get help from the social worker and/or other professional if needed.
- Keep the child up to date about the loved one's illness. You may need to repeat information to be sure that they understand.
- Encourage the child to ask questions and express feelings. Assure them that it's OK to be upset, sad or angry, and that you will always love them.
- Reinforce that it is ok to touch the ill parent.
- Tell the child's teacher, and other adults involved in the child's life about the family's health situation.



- Remind the child that it's normal for them to need play time and time to be with their friends for games, sports, and other activities that they enjoy. It's OK to still be a kid!
- Reassure the child that he or she will continue to be cared for by a parent, family member or other significant adult.
- Prepare the children for hospital visits and explain what they will see. Give more information as time goes on.
- Give the child the choice of visiting or not visiting the parent in the hospital.
- Look for community resources, support groups or therapists.
- Do not be afraid to ask for help from family, friends or neighbors.
- It is comforting for the child to offer gifts or cards to the sick parent. These small gestures can become treasured memories in the future.
- Although difficult, it is important to tell the child when death is getting close.

AN HONEST EXPLANATION

"Dad has an illness called cancer. It is in his liver. The liver cancer is causing his body to die."

WHAT HAPPENS IF MUM OR DAD DIES TOO?

"Mum/Dad is well and healthy now and they will be around to look after you. Whatever happens, we'll make sure you are safe and loved."



OLDER SCHOOL-AGE CHILDREN (8-12 YEARS OLD)

Children this age may have feelings of sadness and loss during their loved one's terminal illness or end of life. They are able to understand more about serious illness and the finality of death, as long as they are given clear information all along. This doesn't mean that the child won't still have a fantasy about mom or dad getting better or coming back, but with gentle reminders they usually can accept reality. It's better for the child if he or she is prepared for the parent's death.

Reactions/How Children Cope

Children may understand about the progression of the disease and even the concept of death and that it is permanent, but they may not have the emotional maturity to deal with it. Over time, when the truth has a chance to sink in, the child can more easily tolerate the loss. They may:

- Begin to move outside of family to develop relationships.
- Experience intense emotions such as anger, sadness, worry or fear.
- Hide feelings from peers or family members.
- Fear that they may not be healthy or that the well parent may get sick.
- Want to hear information and facts in detail.
- Think about how the illness has disrupted their life rather than be concerned for the parent.
- Become unhappy if they are given more responsibilities.

How a Parent Can Help

- Give clear information about the parent's diagnosis: name of disease, treatments, symptoms, and as much as possible about what to expect.
- Encourage questions and open dialogue. Share parent's or caregiver's concerns or feelings.
- Explain that it's ok if the child is interested in helping with the parent's care.
- Encourage keeping a diary or journal.
- Before visiting the hospital, tell your child how the parent will look. Prepare them for what they will see.
- Help the child stay involved in after-school activities, sports, and friendships. Remind the child that it's OK to still have fun.
- Inform the child's teachers, coaches, and other school staff about the family situation.
- Discuss changes in family roles and in tasks that might apply to them, yet do not overload them with chores and responsibilities.
- Reassure the child that they and other family members are healthy.
- Maintain routines and boundaries.





TEENS / ADOLESCENTS (13-17 YEARS OLD)

Teens are developing a separate identity from their parents and are discovering themselves as young adults. As every parent of a teenager knows, it can be difficult to give them enough independence to learn and to experience the world, while trying to protect them from what they are not yet mature enough to handle.

Reactions/How Teens Cope

They know that their lives will change greatly due to their parent's illness and possible death. They may:

- Want to protect parents by trying to hide their sadness, anger or fears.
- Either choose to be as far away as possible from their sick family member and thoughts about their death, or try to get closer to parents.
- Feel bad about having fun when a parent is sick or dying.
- Think that they can handle this alone and distance themselves from their loved ones.
- Become moody, silent or self-centered.
- Worry about not being able to do their regular activities.
- Choose friends to "replace" parents for support and companionship.
- Participate in risky activities such as experimenting with drugs or alcohol.
- Neglect their schoolwork or skip school.
- Think about their own death.
- Become unpredictable: one day they feel independent and the next they retreat into the safety of childhood.
- Want to spend a lot of time with their ill parent and other family members.

WHO WILL LOOK AFTER ME?

"It's very important to me that you will always be safe and looked after. Dad will be there for you, and your aunty will help all of you."

"You might be worried about what will happen if the treatment doesn't work and I'm not around. I've already talked to Grandma and Grandpa, and they will be there for you and will look after you."



How a Parent or Caregiver Can Help

- Give information about the parent's illness such as the name of the cancer, symptoms, possible side effects of medicines and what they might expect.
- Encourage them to talk with friends or a trusted adult.
- Keep the teen up to date with what's happening with the parent's treatment.
- Answer all questions honestly, even as death approaches.
- Share information with teachers, coaches, or any significant adult involved with the teen.
- Explain that even though the parents have less time for the children during severe illness, they are still loved and valued.
- Encourage the sharing of any emotion that they might be experiencing.
- Arrange for as normal a life at home as possible. Encourage teens to keep up their usual involvement in school, friends and other activities.
- When possible, let the teen choose where to go after school (home, hospital, activities).
- Involve them in decision-making. For example, let them have a voice in who shall care for them.
- Let them know that having fun and spending time with friends are important parts of their lives, and there's no need to feel guilty about it.
- Discuss role changes, but do not overload them with the responsibility of caring for the rest of the family (younger siblings, housework).
- Watch for drug use, change of friends, illegal activities.
- Maintain routines and boundaries.
- Be clear as to what plans have been made after the parent dies.



FIVE COMMON MYTHS

Adapted from Canadian Virtual Hospice, Andrea Warnick RN, MA.

Dispelling the myths

Dispelling these myths will not change the reality of the death, but it can shape the child's story about that death and support them in their grief process for years to come.

Myth 1: Children should not be at the bedside of the dying

Many children will imagine scenes that are much worse than the reality of seeing the dying friend or family member. By preparing them for what to expect, we give children the chance to witness the dying process firsthand, in the presence of supportive adults. Give children the opportunity to share their loved one's final days and to say goodbye.

Myth 2: If a child isn't talking about the impending death, neither should we

Children benefit from knowing it's okay to talk about dying, and that caring adults are in their lives with whom they can share their thoughts and worries. Try to create an environment where children know they can ask any question they may have. Let children know it can help to talk, even though the topic may be sad.

Myth 3: It's best to avoid the "D" word

To prevent confusion and help children understand death, it's best to use the word "death" and explain it as something that happens when a body stops working and will never work again.

Myth 4: We need to protect children from emotional pain

It's not possible to protect children from the reality of a family member's dying. Children benefit from simple, honest and age-appropriate information about an impending death. Such information helps them feel included in this important life event. We also gain their trust by demonstrating that we are not keeping the truth from them. By preparing them for a death, instead of trying to protect them from it, we can help children develop coping strategies they will be able to use throughout their lives.

Myth 5: A child will think about dying and death all the time

Children have a wonderful capacity to balance joy and sorrow simultaneously. It's not uncommon for parents to be surprised by how quickly children can transition from feeling devastated to wanting to play, even when faced with the impending death of a parent.



HOW TO INVOLVE THE CHILD WHEN THE END IS NEAR

When a parent becomes sicker, there is a natural tendency to protect the child from the signs of advanced disease. However, it's impossible to protect them from everything, least of all from the fact that their parent is more tired, has less patience with them, looks sicker, and is less able to get around. Shielding children from these realities may slow down their understanding that the parent is getting closer to the end of life.

Excluding children from the bedside of a dying family member may deprive them of the opportunity to share their loved one's final days. Much like adults, children benefit from having the chance to say goodbye to someone who is dying.

Yet, children may find it difficult to know how to interact with someone who is dying when that person has little energy and is spending most, if not all, of their time in bed. Most parents enjoy watching or hearing their kids play and have fun, even when they can't participate.

Here are some ideas for how children can be included at the bedside of someone who is dying, even if the person is no longer responsive:

- Decorate the room.
- Choose some music that you can enjoy together.
- Tell stories of favourite memories or talk about what happened in the child's day.
- Do homework, watch a movie, draw a picture, read or write in a journal in the presence of their loved one.

Children may be afraid to touch or talk to the sick parent. Gentle suggestions like the following can help the child feel more comfortable.

- You can hold mommy's hand.
- It's ok to kiss daddy.
- Talk to mommy the way you always do. Although she cannot answer you, she may be able to hear what you are saying and it will make her happy.
- Why don't you read grandpa a story?
- You can make a card or write a letter.

Keep in mind that children of any age should be given choices and never be forced to do something they may not be comfortable with nor made to feel guilty in any way. Their decision should be respected and discussed.

There are many creative ways for kids to maintain a connection with their loved one from a distance, such as writing a letter or card, or drawing a picture. Talking over the phone or Skype visits may also work, even if the conversation is one way.

WHAT WILL HAPPEN WHEN DAD DIES?

"When someone dies, the body stops working. They stop breathing and their heart stops beating. They may look a bit paler. They do not feel anymore."

"The body goes to a funeral home until it's time for the funeral."

PREPARING CHILDREN FOR WHAT TO EXPECT

Since this can be a very difficult conversation to have with your child, you may choose to ask members of the family or your health care team to assist in these explanations. Remember, when having these conversations, use language that is easy for your child to understand.

Breathing changes

In the final days of life, the breathing may become very noisy and even sound like gurgles, which can be upsetting for children to hear. It can help to explain this type of breathing to kids as being similar to snoring. Let children know how the person's breathing has changed before they enter the room. Explain that any equipment such as pumps or intravenous drips is there to make the person feel more comfortable.

Sleepiness

The ill person may be very weak and sleepy, or they may not be waking up at all any more. However, they may still be able to hear, and know who is around them. Children can still talk to their parent, even if he or she is unconscious.

Eating and drinking

When a loved one gets very close to dying they may not be hungry or thirsty and therefore do not need anything to eat or drink. Explain that even if the person were to eat and drink it would not help them stay alive any longer.

Skin colour and temperature

Tell the children ahead of time that their loved one's skin colour, lips and nails may be different than usual. Also, their hands, arms and legs may become very cold.

Medicine and pain

Children tend to think of medicine as being something people take only in order to get better. Explain to them that pain medication is to help the person feel more comfortable – it will not help them get better or stop them from dying. If the person is having a lot of pain, you may want to avoid having children visit until the pain is under control.

Confusion and agitation

Because of the changes happening within the bodies of people who are dying, they may become confused and/or agitated. They may call people by the wrong name, or perhaps not know where they are. They may become very restless. There are medications that can sometimes help with this.



THINGS TO THINK ABOUT

Whether the person is dying at home or at the hospital, it is important to prepare the children for what they are likely to see and experience. You want them to feel comfortable to ask any questions that may arise. Reassure them that there are medicines that can help with headaches, nausea, and pain. Although this will not cure the disease, it can keep their loved one comfortable.

Keep a checklist

- ✓ Does the child understand what is happening and what to expect?
- ✓ Has the child been encouraged to talk about how they are feeling?
- ✓ Do you think your child needs help or support? Do you?
- ✓ Is there someone else your child can go to with questions or concerns?
- ✓ Is there some "normal" time for your family?
- ✓ Does the child know that cancer is not contagious and that no one (including the child) is to blame?
- ✓ Do they know that you or the other parent or caregiver will inform them of any change?
- ✓ Are you using words that they understand at their age?
- ✓ Are they reassured that there will always be someone to take care of them?
- ✓ Have you made your wishes known either through a living will or last will and testament?

Concerns about going to school

Teachers and other school staff can be among the first people to notice that something is troubling a child. Because they see children five days a week for many weeks in a row, they are in a good position to observe behavior, concentration, grades, eating habits and interactions with peers. This is one of the reasons it is so important to let the school know what is going on at home. If you have older children, it's important to ask them what they want to share. On one hand, teenagers might choose to tell their friends, teachers or guidance counselor. On the other hand, they may not want their teachers to know at all because they don't want the attention.

Maintaining routine in a child's life can help them to feel more stable and safe. Even though things are changing at home, it might help them to go to school and see that normal life can continue. However, there may also be days when keeping your children home feels like the right thing to do, especially when the death is approaching, and the child might want to be close to their loved one.



CHILDREN OF SINGLE, SEPARATED OR DIVORCED PARENTS

As if the cancer journey isn't tough enough, it is especially challenging for single parents who have to balance childcare with declining health. Life at best can be physically, mentally and emotionally exhausting when you are on your own raising a family. One woman with advanced breast cancer recently disclosed the following.

"I struggle every day emotionally. I get angry and ask, "Why me?" Exhaustion is a constant companion. There are simple things that I need but don't have. I don't have that person coming home at the end of the day to say, "I'll help with bath time." I don't have that person helping out with early or late hockey practices. I don't ever have that person saying, "Why don't you relax and I'll take care of things." I don't have that person to say, "I'll stay with the kids while you have a rest. I have no choice but to get up every morning."

In these most difficult times, it is important for parents, other close relatives and friends to come together for the sake of the family. It is important to make your wishes known as to who will care for your children. It should be someone they already know and are happy to be with. Once you have discussed this with your children, and they are comfortable with this person, make your wishes known in your will.

If the divorced or separated parent returns to help out, make it clear to the children that this is a temporary situation.

"Daddy's only going to be here for this week, while Mommy has her operation. After that, he's going back to his new family."

If the ex-spouse or non-custodial parent becomes ill, try to give your ex and your child the chance to develop their relationship and to spend time together. Of course, this is all depends on such things as the safety of the child, distance from the ill parent, etc.

In any case, the children need to be given the opportunity to see their ill parent, to ask questions, to prepare for the loss, and to say goodbye.



PRACTICAL AND FINANCIAL HELP

A serious illness often causes practical and financial problems. Many services are available to help you deal with these difficulties. For information and forms, contact your hospital social service department or your local and national cancer organizations. In Québec, the CLSC's can be of help as well.

Financial or legal assistance

Government benefits, pensions and community programs may help pay for prescription medicines, transport to medical appointments, utility bills or basic legal advice.

Home nursing care

Community nursing services or local palliative care services may be able to provide nursing at home.

Help at home

Meals on Wheels, home care services, and medical equipment can be arranged to help make life easier at home. Once again, contact the appropriate organizations in your area.

WHAT IFS?

How do you explain to your child that you have made some difficult decisions about your care or treatment that will affect the whole family?

What if I choose to die at home?

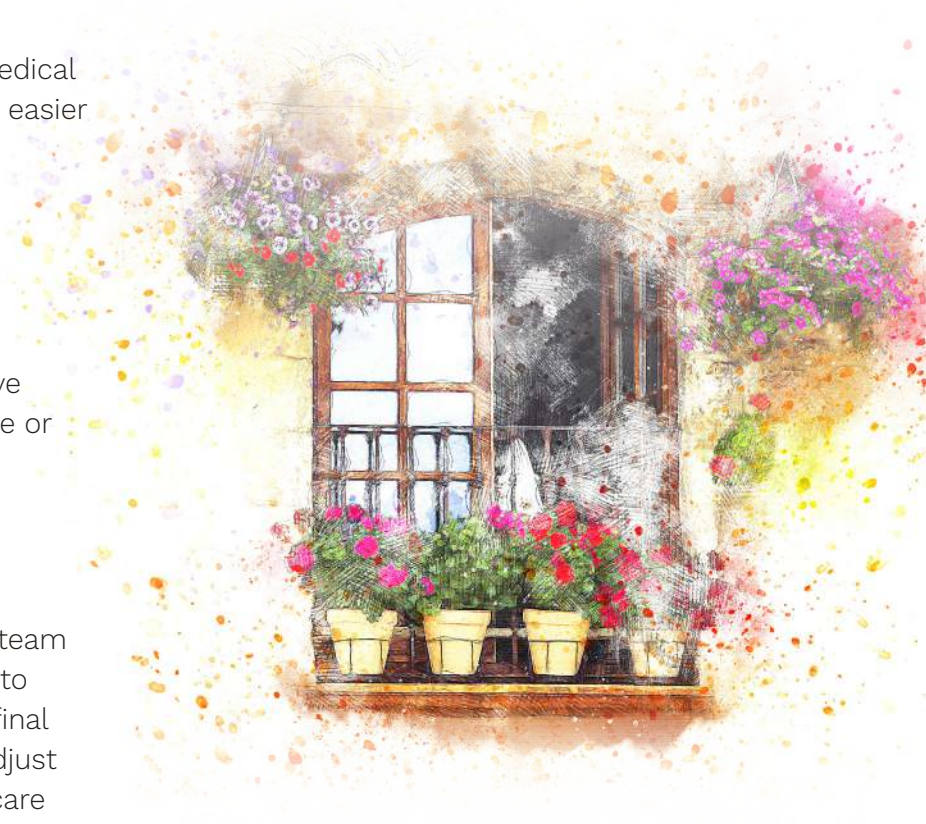
Families may be advised by their health care team that everyone in the household should agree to have the sick parent remain at home for the final days of their lives. There will be changes to adjust to, such as ongoing home visits from health care professionals or the relocation of a hospital bed in the house. This should be explained to the children in advance.

What if I decide to stop any further treatments?

There may be a point in time when you decide that you don't want any more active treatment because the side effects are outweighing the benefits. Sometimes patients feel guilty (or are made to feel guilty) that they are not doing everything they can to prolong their life. It may help to sit down with your children and write out a list of pros and cons.

Choosing to stop active cancer treatment is a very personal decision and you may want to discuss this with your family. This does not mean you will need to stop all options. The focus is now on managing symptoms and maintaining comfort.

Stopping treatment does not mean you are letting go of hope. Instead, it means honoring your hope to spend quality time with your family and to be more comfortable in the days you have left.



EXPLAINING RITUALS

Whether the family will have a traditional burial, a cremation or another cultural or religious ritual, it is important to keep your explanations simple and honest. Talking about the physical aspects of death also provides an opening to discuss spiritual beliefs.

This will vary depending on your own culture and belief system. You may want to consult with your community or spiritual leader (priest, pastor, rabbi, imam etc.).

Modelling grief

Children benefit from having caregivers and other adults who teach them through words and actions about grief and loss. Although adults may want to protect children from the truth or from being with adults who are sad and crying, seeing these reactions can help them realize that others are feeling sad as well. It is by watching the adults around them grieve, that children learn how to process their grief.

CONCLUSION

Children seem to have a built in “something is wrong” detector. It is common for them to have many different feelings and it is important for them to be able to share them. Encourage healthy ways of expressing these feelings through art, music, sports, dancing, writing or by just talking to someone they trust.

Don’t be afraid to admit that you might not know the answer to a particular question. but reassure them that you’ll find out from someone who might know the answer like a doctor or family member. Keep in mind that sometimes there are questions for which there are no answers.

Sharing the reality of the illness will help children adjust to living with uncertainty. It also allows them to trust their loved ones as they adjust to the “new normal” they are experiencing.



THE FOLLOWING REFERENCES HAVE BEEN USED TO HELP COMPILE THIS KIT

- American Cancer Society
- Canadian Virtual Hospice
  Andrea Warnick
- Cancer Council New South Wales
- Government of Western Australia
  Department of Health
- Helping Children Understand
  Carol Lindberg
- Helping your Children Cope with Cancer
  Peter Van Dernoot
- Helping Children Cope when a Parent Has Terminal Cancer
  Wellspring Model of Supportive Cancer Care
- MacMillan Cancer Support, England and Wales
  020 7840 7840
- Marie Curie Palliative Care Institute
  Liverpool, England
- Temmy Latner Centre for Palliative Care
  Mount Sinai Hospital, Toronto, Ontario
- Things to Consider When Choosing to Discontinue Cancer Treatment
  Lynne Eldridge, MD
- When a parent is sick
  Joan Hamilton

VIDEOS

You're Not Alone | Being a Teen When a Parent Has Cancer

https://youtu.be/8mjkeE9RZ44

Paola's story - Talking to my children

https://youtu.be/EjIloF3GQzw

A Kid Talks to his Terminally Ill Grandpa About Death

https://youtu.be/c_oZOpM6FwM

ARTICLE

When to Tell the Children: Preparing Children for the Death of Someone Close to Them

https://bit.ly/1wyoItV

RESOURCES

A comprehensive list of resources can be found on the Hope & Cope website:

http://www.hopeandcope.ca

http://www.kidsgrief.ca

KIDS HELP PHONE

1-800-668-6868

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HOPE & COPE
L'ESPOIR C'EST LA VIE

Support for every age and every stage of cancer.
With generous support from the Adler & Lipkus Foundation

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