

# Talking to kids about metastatic breast cancer

Rethink Breast Cancer

**OVERVIEW:** Communicating with family and young children about an mBC diagnosis, treatment and end of life can be very challenging, and adds to the burden of navigating the disease. This project developed an educational resource to support young mothers in having these conversations with their children in an open and honest way.



## Area of focus:

Educating patients about ABC/mBC



## Target population:

Young mothers living with mBC in Canada

**Objectives:** To provide support for young mothers living with mBC in navigating difficult conversations with their children and loved ones about their mBC diagnosis, treatment and end of life. To provide support for patients living with mBC who are unable to benefit from in person support programmes

## Unmet needs addressed:

- There is a lack of tailored resources and support for young mothers to navigate conversations with loved ones about an mBC diagnosis

## Key components:

- A booklet (digital/printed) with tools and tips for young mothers on how to discuss mBC with their children

**Challenges:** Talking to kids about cancer is in itself a very challenging and sensitive topic. It was also challenging to capture all the different aspects of this topic in the support tool. Engaging with mBC patients and mental health professionals was key to overcoming these challenges

**Outcomes:** The mBC community have responded with gratitude and positive feedback for the resource and its accessibility. Young mothers report feeling more empowered and supported in navigating conversations with their children as a result of using the tool

**Development:** The resource was co-created with a child-life specialist, psychotherapist and social worker with input from an mBC patient advisory board, to capture the patient perspective, as well as an illustrator living with mBC. Pfizer Canada covered the printing costs for the booklet

**Cost:** €5,000 - €10,000

**Timeline:** The project was completed over the course of a year (2018-2019)

**Targeted to reach:** >300

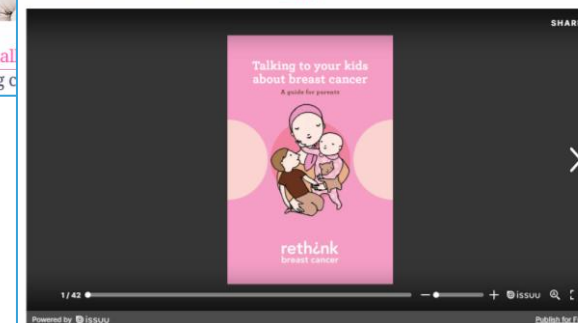
## Resources For Young Families



One of the many **unique challenges** cancer face is raising young children

### Talking To Your Kids About Breast Cancer: A guide for parents

Child life specialist **Morgan Livingstone** paired up with Rethink to create this resource for how to talk to your children about breast cancer. Full of great tips, this guide will help you navigate some of the obstacles you might run into when speaking to your children about your diagnosis. Also available in **French**.



## For more information:

**https:** <https://rethinkbreastcancer.com/resources-for-young-families/>

**Email:** [support@rethinkbreastcancer.com](mailto:support@rethinkbreastcancer.com)

Based on written submission from Jasmine Sikand, Rethink Breast Cancer Canada. The Hard-to-Reach ABC/mBC Communities Toolkit was developed as a collaboration between Pfizer Oncology and the ABC Global Alliance, with funding and support provided by Pfizer. ABC Global Alliance members and Pfizer colleagues were invited to submit breast cancer community-based initiatives that address specific needs of underserved patient populations with advanced/metastatic breast cancer. Initiatives were evaluated against criteria determined by a steering committee with members from both Pfizer and the ABC Global Alliance. Initiatives were selected for inclusion in the toolkit to highlight best practices in addressing the unique needs of this patient population. All organizations who submitted their initiatives for consideration have provided permission for the initiative information to be included in the toolkit and shared publicly. Pfizer and the ABC Global Alliance bear no responsibility for the contents of the toolkit.

| Ethnic, religious, indigenous/native populations and/or other historically marginalised groups | **Younger patients** | Older patients | Men | LGBTQ+ patients | Low health knowledge patients | Patients who lack an adequate caregiver or support system | Patients who mistrust conventional treatments | Low income patients | Patients a long distance from a specialist centre | Patients with uncontrolled comorbidities | Mental health patients |