

PARENTS AND SIBLINGS

Tips for maintaining relationships during this journey



01

COMMUNICATE

Understand what they are feeling and allow them to ask any and all questions about treatment and their siblings new diagnosis.

Explain why your other child needs more help and attention during this time.

02

ROUTINE!

Keep their lives as normal as positive.

Allow them to help make a schedule. Keep them informed on your own schedule.

Letting them spend time with friends, go to school, and bonding with you are all still important.



03

REASSURE

Explain and reassure your children every step of the way.

Let them know that they are loved & that you are there for them.



04

TIME

Make time to spend with your other children, one on one! This may be difficult, however it helps your child to feel valued.



05

IDENTIFY OTHER SUPPORTS

Teachers, relatives, even church communities can be excellent supports during this time. Do not be afraid to reach out for a person to talk to.

Your other child might also benefit from having someone else to talk to!



A GUIDE TO BEING A SUPPORTIVE FRIEND TO A FAMILY BATTLING CANCER



01

BE HONEST, REACH OUT.

You may not know what to say. Say that. Be honest and open with your thoughts and feelings. Simply taking that first step to talk to them will mean a great deal.

02

BE REAL

Create a space of listening rather than always being positive.

Both are important, but sometimes your friend needs a space to voice their difficult thoughts.



03

BUY THEM A MEAL!

A tasty treat or dinner will ease stress and make their day special.



04

HELP WITH CHORES

Doing their laundry, ordering a cleaning service, watering their plants all go a long way for a family focused on caring for their child.



05

BE THEIR CHAUFFEUR

A great way to help out is to offer to be a driver, whether that's helping drop their kids off, or run a quick errand!



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06

SEND CARDS

Write letters and send notes of encouragement. Keep this up throughout treatment. It uplifts your friend and makes hard days a little easier.

07

CARE PACKAGES

Create your own gift box of your friends favorite things - stickers, candy, pictures, anything you can think of. Pinterest.com has many ideas to personalize your box.



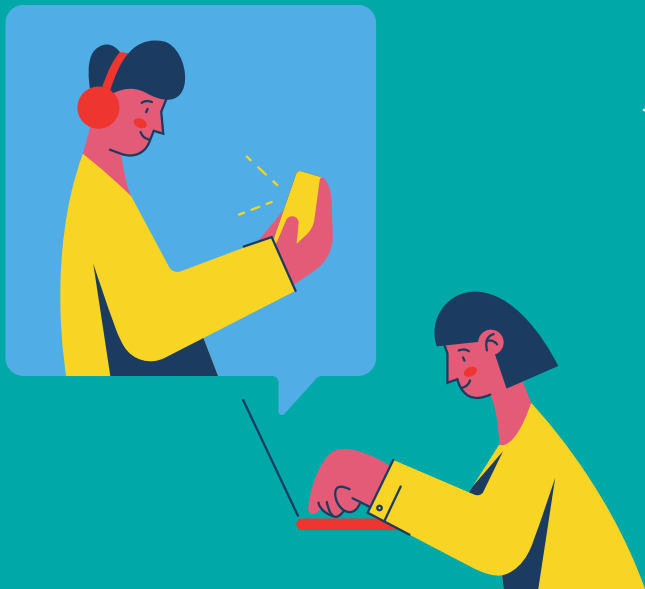
08

DON'T STOP TRYING

Continue to check in and see how they are feeling throughout their journey.

They may not always be up for talking, but do not stop checking in.

Keep reaching out, while giving them the space they need.



STEPS TO RECONNECT

You are not alone



01

ASK FOR HELP

Ask for family to come to appointments, get food for you, or set up support pages!

Most people are willing to help but don't know how to ask or where to start.

02

INITIATE INTERACTIONS

Your loved ones may want to reach out, but don't want to make you uncomfortable. Reach out first to break the ice.



03

COUNSELING

Counseling is a great tool for you and your family to better cope and talk through your emotions and experiences.

04

CONNECT WITH A LOCAL CHURCH OR SPIRITUAL GROUP

Find a local community group. Prayer, meditation, or leaning on a higher power can provide hope and comfort.



05

START A NEW HOBBY

This is a great time to start a new hobby, whether it's painting, learning a new language, or playing an instrument.

It can connect you to new people, and makes this time meaningful.

