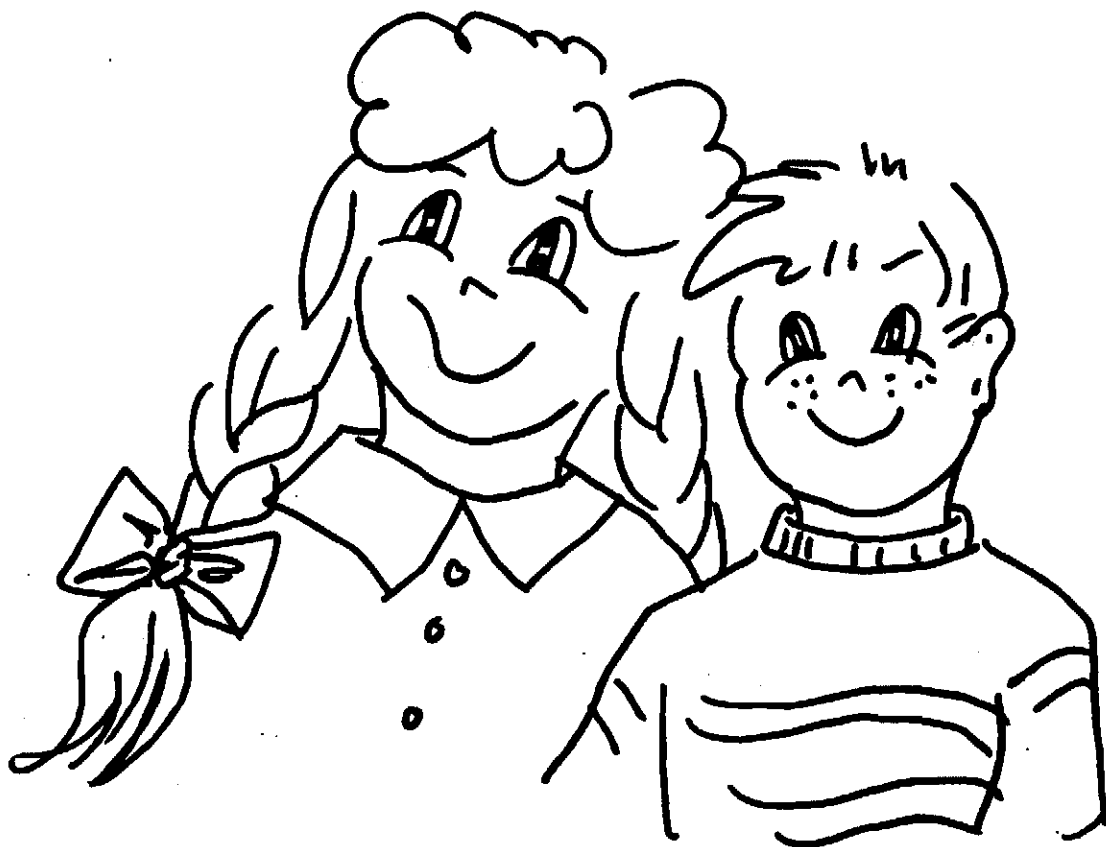


**...WHEN SOMEBODY  
YOU LOVE HAS  
CANCER....**

**Written and illustrated by  
HELEN FITZGERALD**  
Director of Training  
American Hospice Foundation

Author of  
*The Grieving Child*  
*The Mourning Handbook*  
and  
*The Grieving Teen*

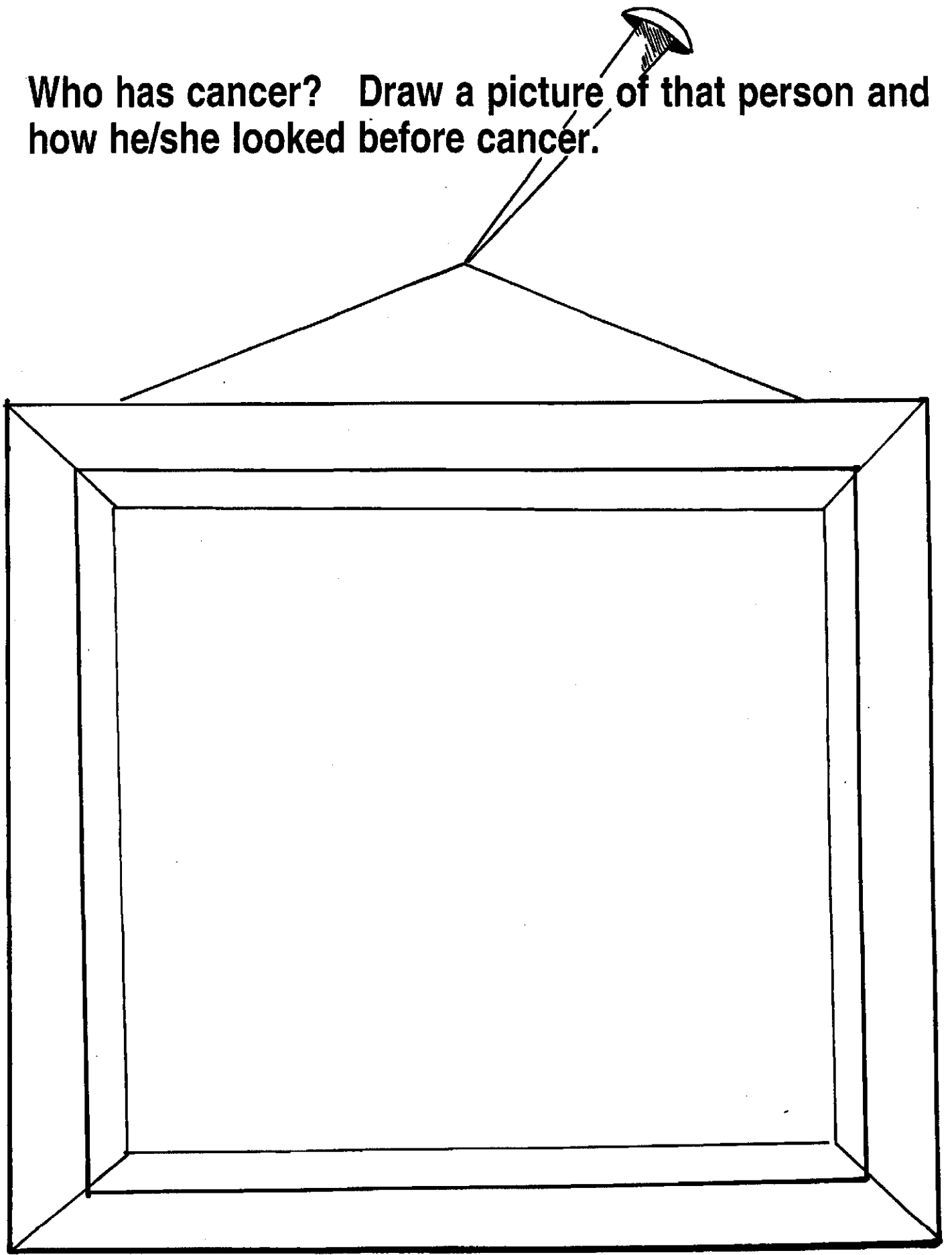
**..... SOMEBODY  
HAS CANCER .....**



**Written and illustrated by Helen Fitzgerald**

Author of:  
*The Grieving Child*  
and  
*The Mourning Handbook*

**Who has cancer? Draw a picture of that person and how he/she looked before cancer.**



**When you found out your brother or sister had cancer, what was your first thought?**



List all the feelings you have had since your family member became ill with cancer. Pick one and draw a picture or write a story about it.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

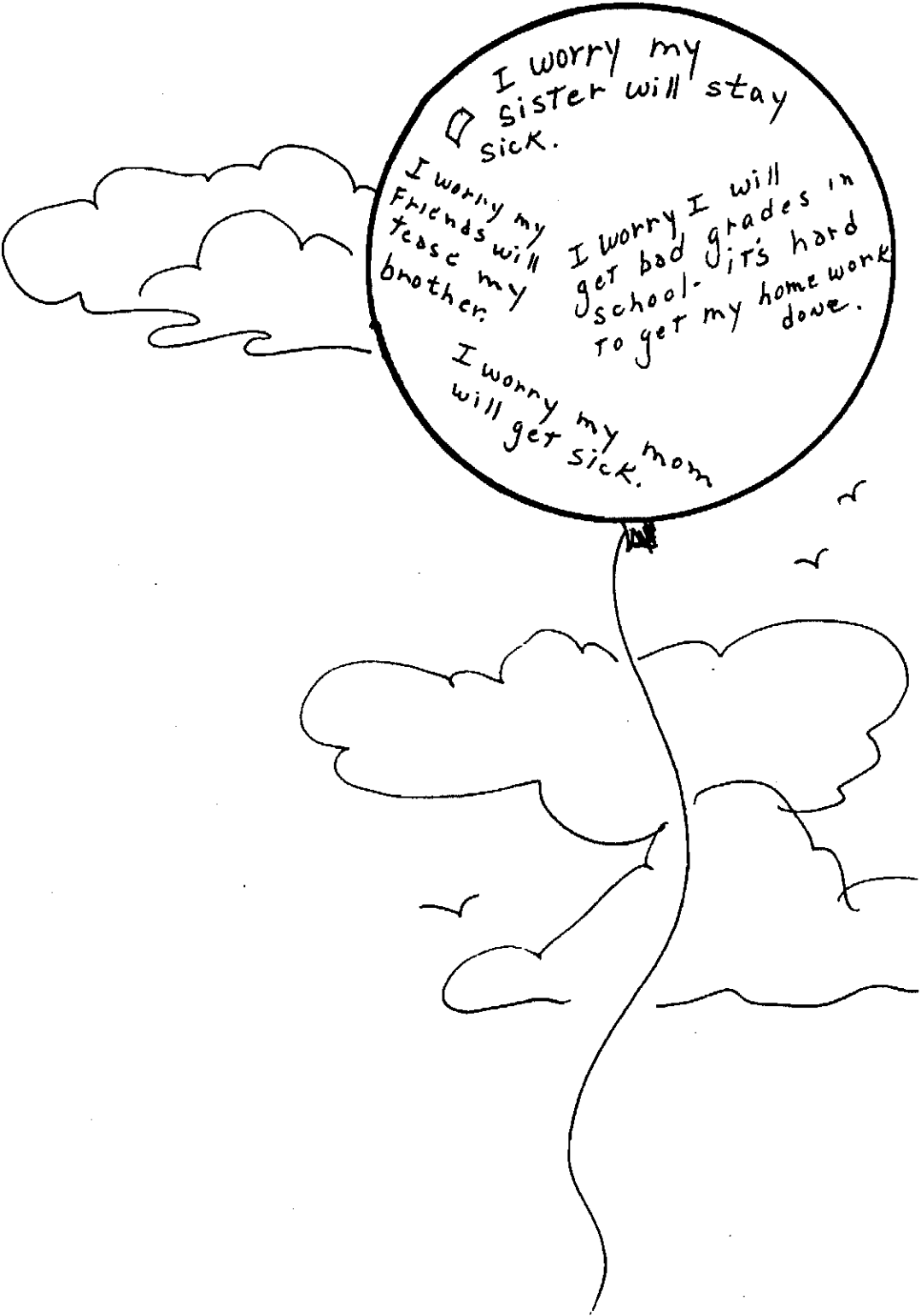
4. \_\_\_\_\_

5. \_\_\_\_\_

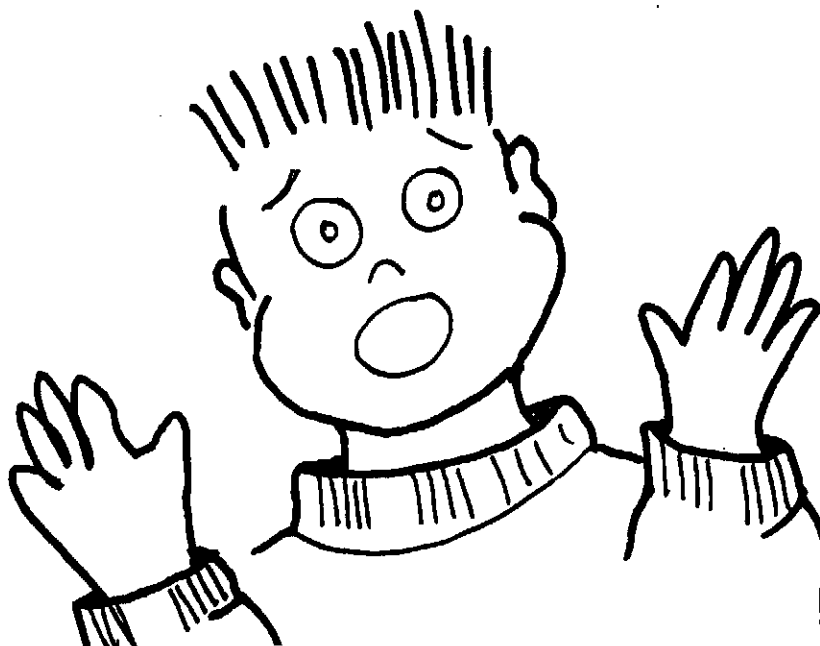
6. \_\_\_\_\_



# What worries you the most?



**What is scary?**



What helps you when you are feeling sad or scared?





# WORD FIND

M A B C D E F I G H I J K  
 Z C M N R A D I A T I O N  
 P H O S P I T A L O P Q L  
 C E E S H O T F G H I J O  
 D M P H Y S I C I A N L N  
 N O S E L D E E N T U V E  
 E T W X Y Z A B N D D E L  
 F H X S G O L O T I G N Y  
 H E I Z C T I S I A J I N  
 L R L M T S P Q R G S T W  
 E A U V S C X Y Z N A B N  
 H P C I E Q E G H O O I F  
 I Y M L M C E L L S P A N  
 V E S T U M V Y L I E Y P  
 R D O C T O R A B S R C E  
 I Z D E A E G H I M A D W  
 A L M N G R B I V Q T R Q  
 S A I R S E E L U V I W L  
 X E U Z A R B D O E O F O  
 G S H P I L L S J O N L N  
 M S N O P P Q R S T D V W  
 X C O N F U S E D E F G H  
 I A Q T K S Y G A N T K L  
 M N O P Q R S N U R S E T

PHYSICIAN  
 REMISSION  
 CHEMOTHERAPY  
 NURSE  
 RADIATION  
 DOCTOR  
 SCAN  
 BLOOD  
 WIG  
 CELLS  
 SURGERY  
 SCARED  
 DIAGNOSIS  
 HOSPITAL  
 OPERATION  
 NEEDLES  
 IV  
 PILLS  
 SHOT  
 LONELY  
 MAD  
 CONFUSED

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| D | I | A | G | N | O | S | I | S | B |
| O | X | R | R | H | C | H | E | M | O |
| C | Z | A | Z | O | S | I | F | R | P |
| T | T | D | O | S | I | C | E | Q | E |
| O | H | I | S | P | R | U | A | R | R |
| R | J | A | X | I | U | Z | T | N | A |
| Q | T | T | B | T | U | M | O | R | T |
| Z | H | I | C | A | N | C | E | R | I |
| A | Z | O | U | L | O | K | N | V | O |
| R | T | N | U | R | S | E | L | L | N |
| X | R | A | Y | I | G | I | P | N | U |

DOCTOR

RADIATION

CANCER

HOSPITAL

DIAGNOSIS

NURSE

CHEMO

TUMOR

XRAY

OPERATION

SCAN

## WORD FIND

List any words regarding cancer that you don't know the meaning of.

1.

2.

3.

4.

5.

6.



**Do you have any other questions you would like to ask?**

1. \_\_\_\_\_

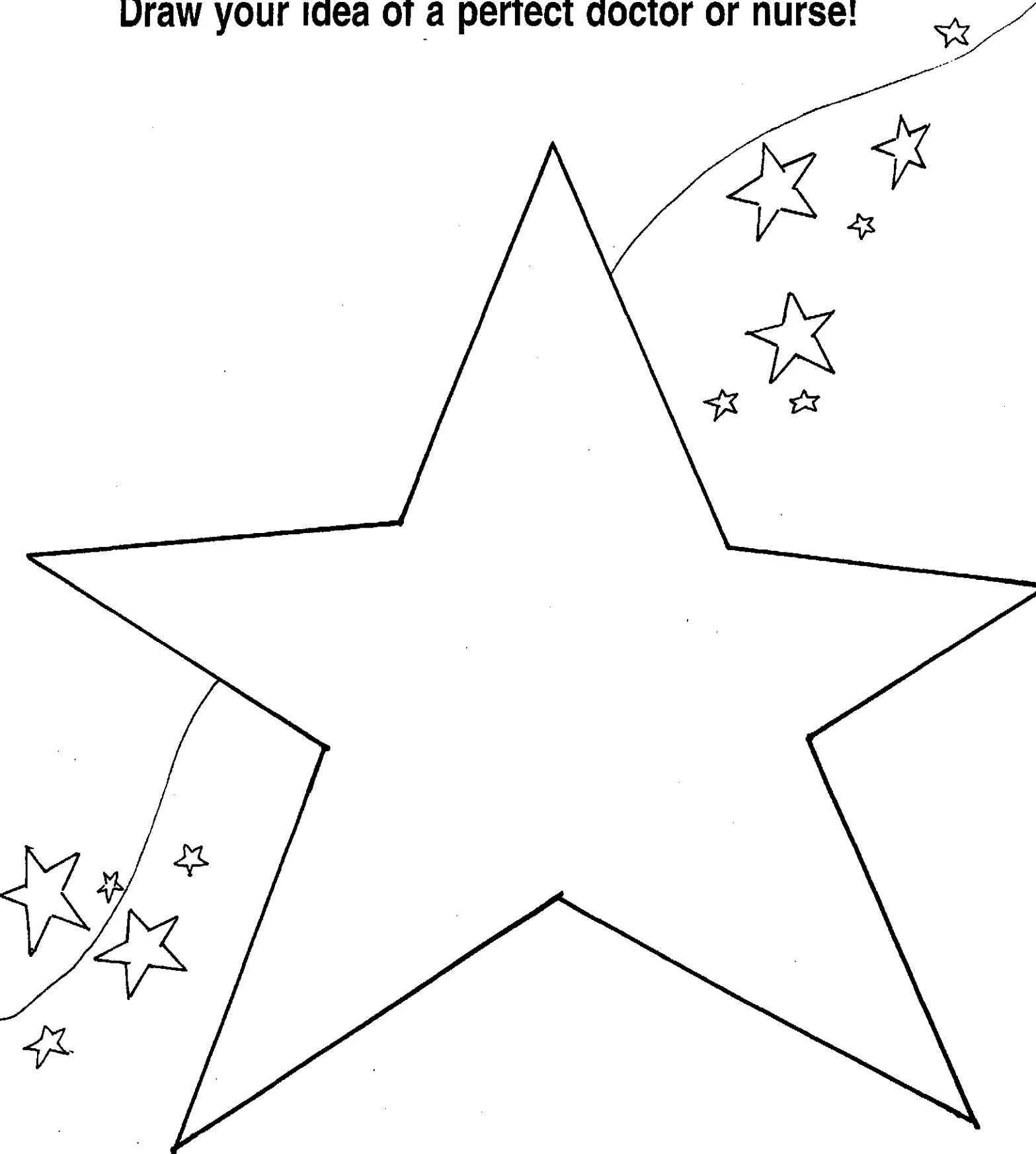
2. \_\_\_\_\_

3. \_\_\_\_\_

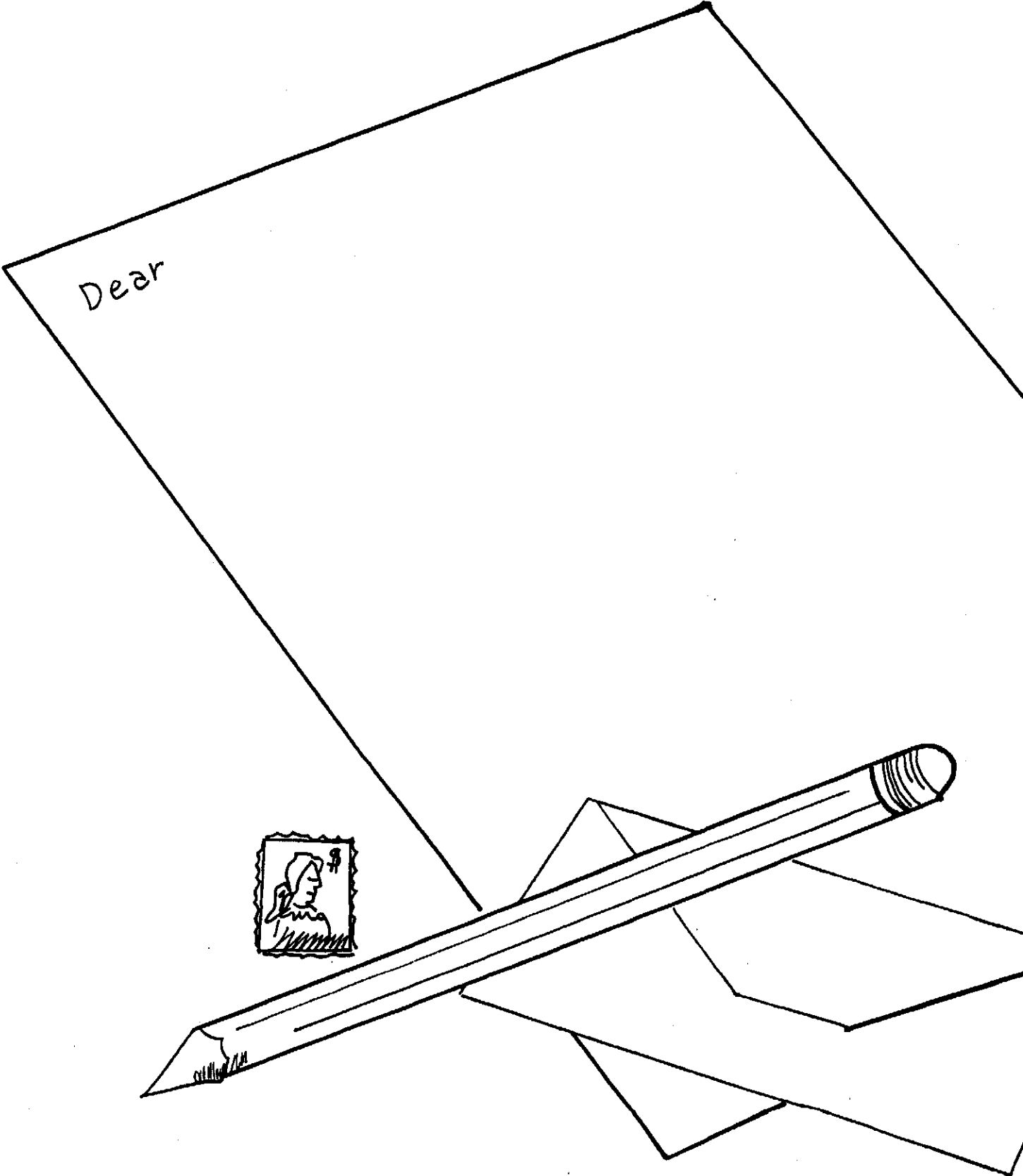
4. \_\_\_\_\_



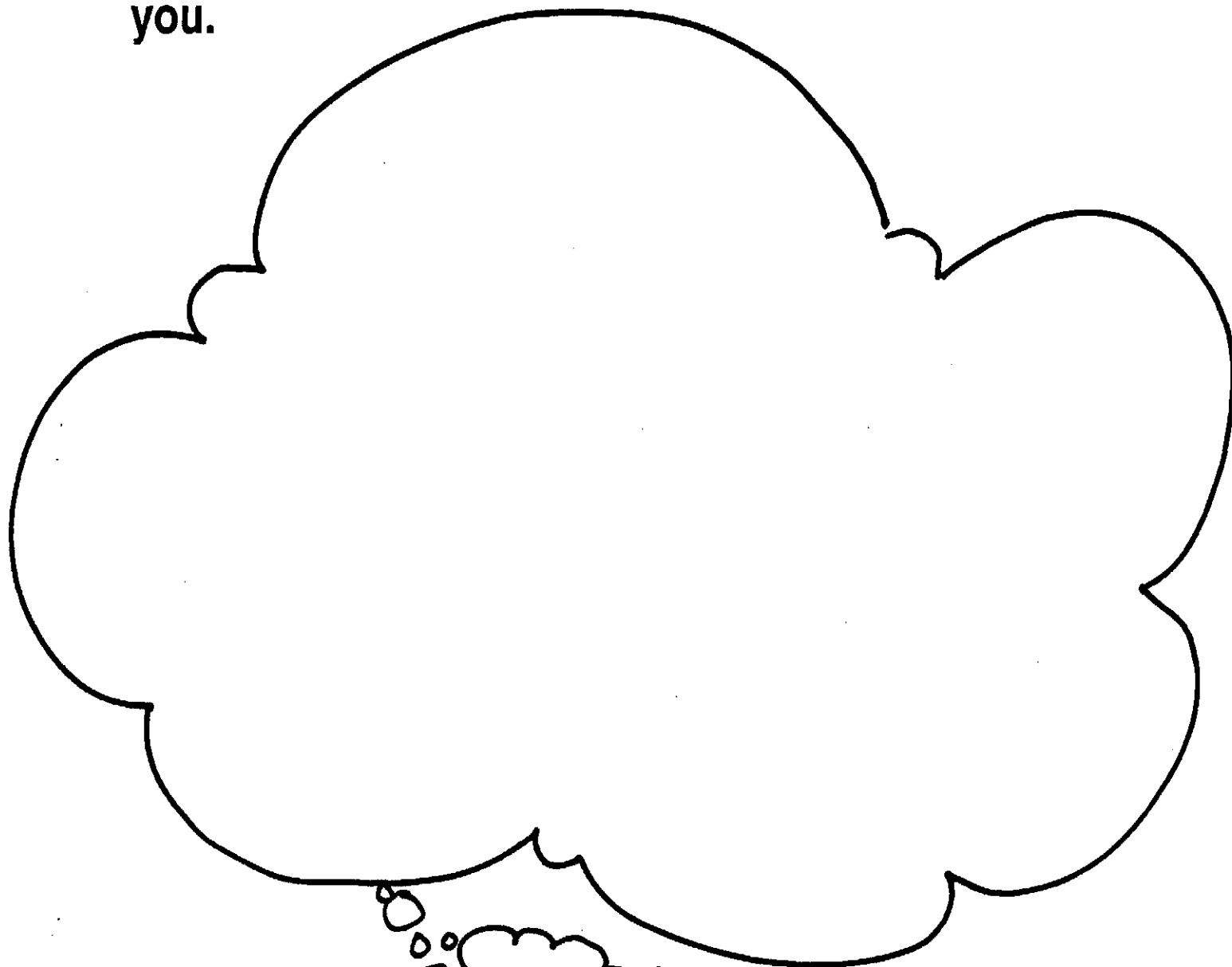
**Draw your idea of a perfect doctor or nurse!**



**Write a letter to the person who has cancer and ask him or her to write one to you.**



**Think about a funny memory you have about the person who has cancer. Write a story about it. Ask him/ her to remember a funny memory about you.**



**Can you remember your life before cancer? Draw a picture or write a story about:**

| <b>Before cancer</b> | <b>Life as it is now</b> |
|----------------------|--------------------------|
|                      |                          |



Cut out the following words. Put them face down on the table. Mix them up and then take one word and write a sentence using it. Take another word and write another sentence. Continue until you have a poem or a story.

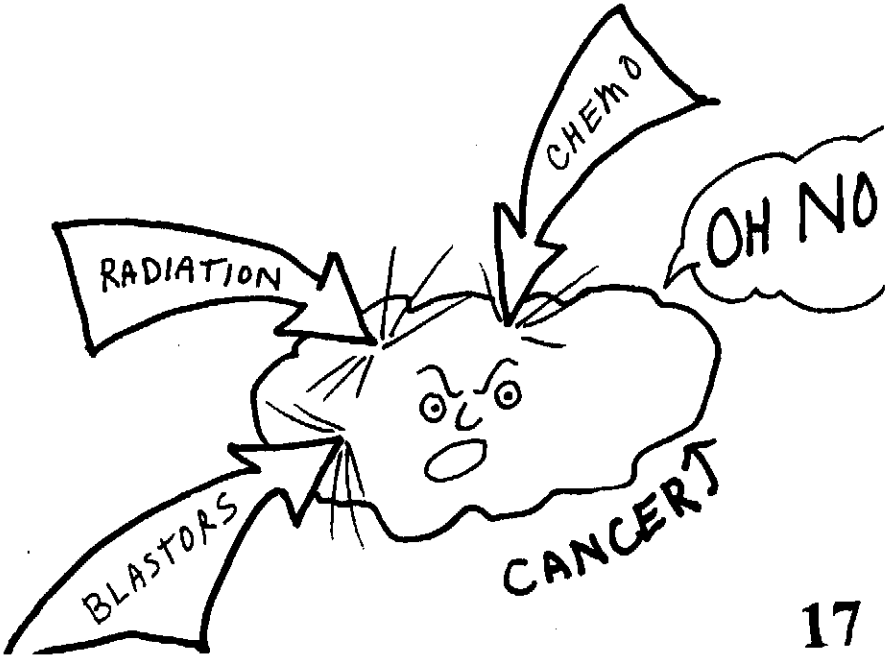
**WORRY** **SUNSHINE**  
**CLOUDS**

I worry about Kathy.  
the clouds hide the  
sunshine.

|        |           |          |           |           |
|--------|-----------|----------|-----------|-----------|
| worry  | sick      | help     | ambulance | sunshine  |
| sad    | flowers   | happy    | scared    | love      |
| tears  | mad       | hospital | doctors   | scream    |
| mom    | dad       | brother  | sister    | relatives |
| sun    | rain      | school   | run       | hide      |
| cancer | hard      | bugs     | trees     | clouds    |
| virus  | radiation | medicine | tease     | secret    |
| moving | hope      | sorry    | mope      | cry       |
| upset  | alone     | fight    | pills     | I-V       |
| dread  | changes   | dream    | nightmare | awful     |
| guilt  | no        | why      | silly     | end       |
| 911    | angel     | nurse    | live      | God       |



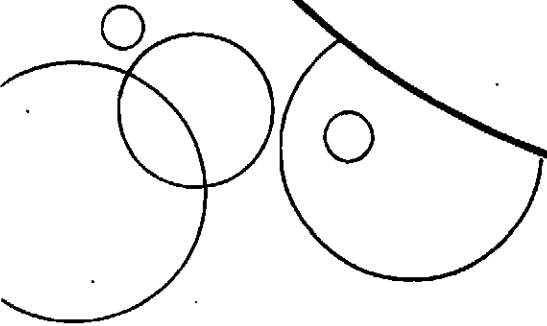
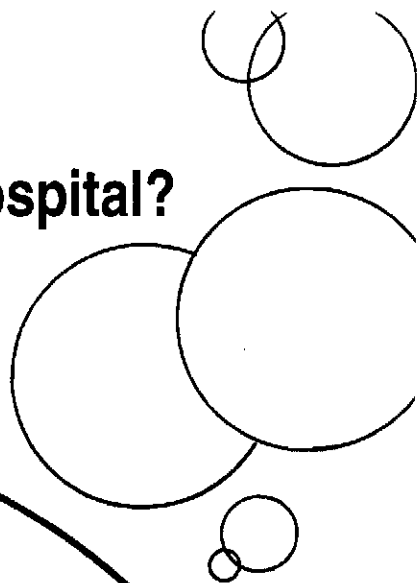
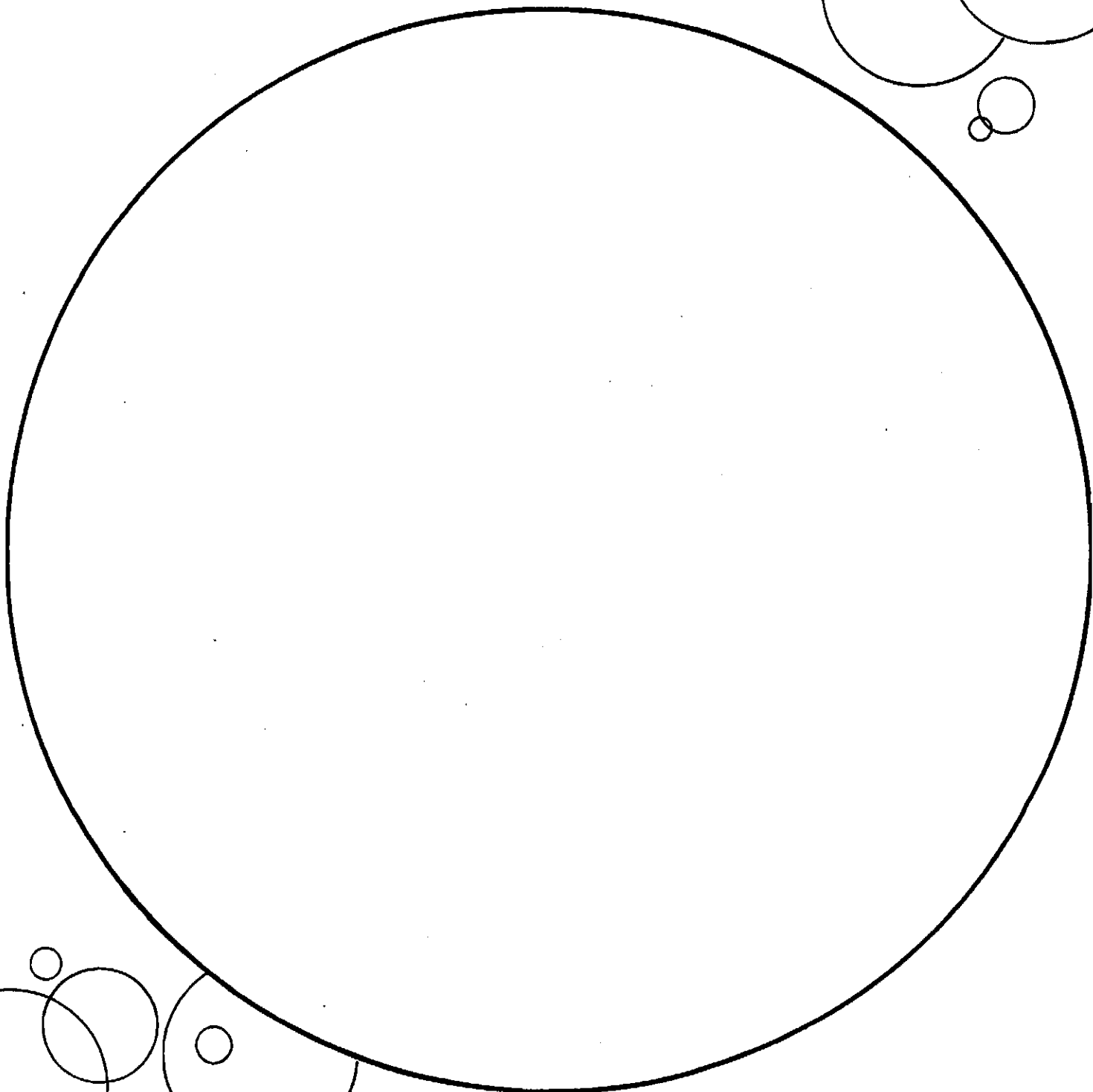
Draw a picture of the cancer virus and how the chemotherapy or radiation is fighting and killing it.



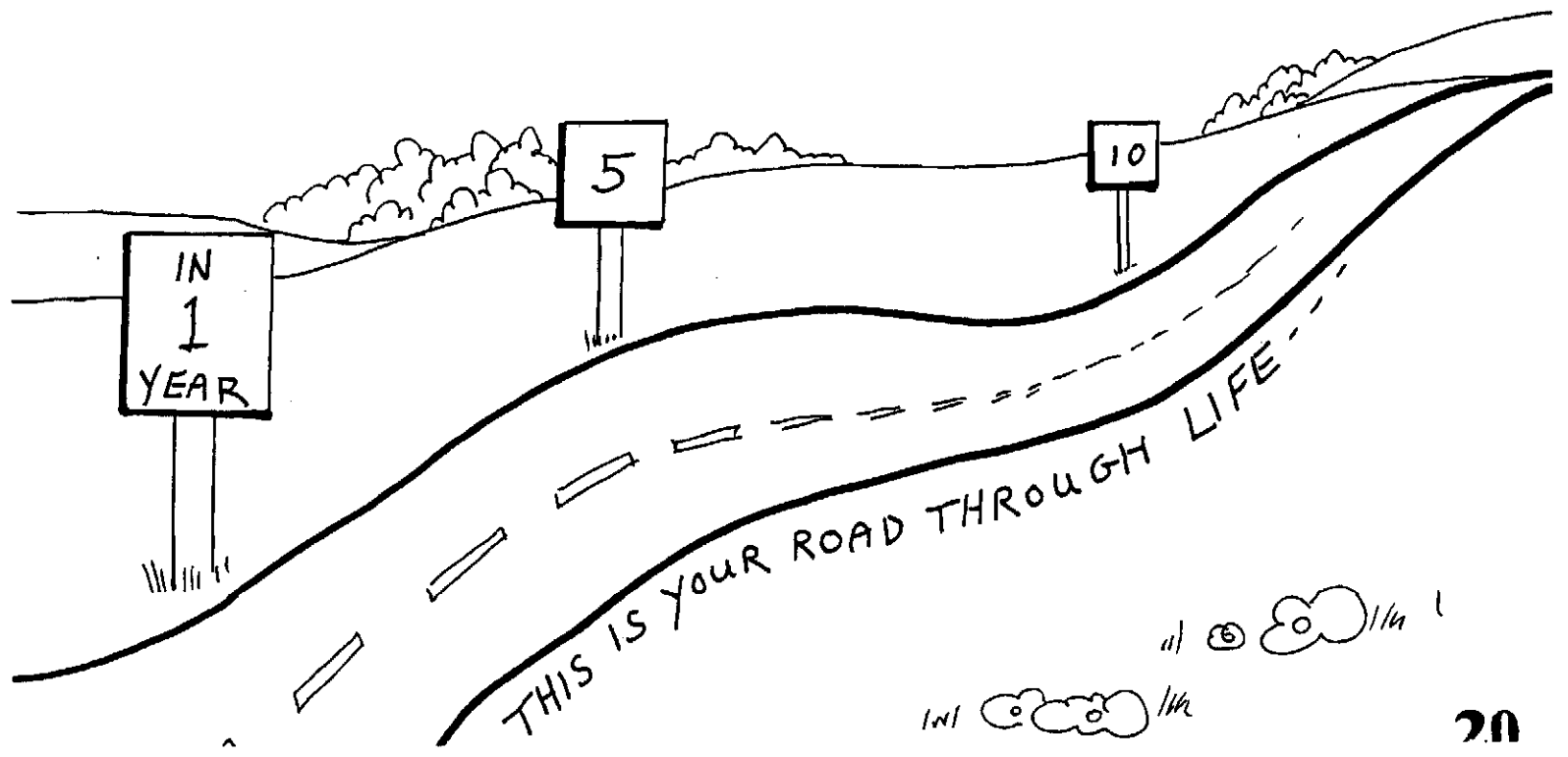
**What is the worst part of visiting at the hospital?**

A large, empty rectangular box with a 3D effect, intended for writing an answer to the question above. The box is drawn with black lines and has a slight perspective, giving it a three-dimensional appearance. It occupies most of the page below the question.

**What is the best part of visiting the hospital?**



What do you think your future will be like?



**What can you say that would help other kids who have a brother or sister with cancer?**



## **GUIDELINES FOR PARENTS TO HELP THEIR CHILD THROUGH GRIEF**

Prepared by Helen Fitzgerald

- As soon as possible after the diagnosis, set time aside to talk to your child.
- Give your child the facts in a simple manner keeping in mind their level of understanding. Be careful not to go into too much detail. Your child will ask questions as he/she is ready to know more information.
- If you can't answer certain questions, it is OK to say, "I don't know how to answer that, perhaps we can find someone to help us." (Always feel free to seek professional advice.)
- Use the correct language - if it's HIV or cancer, call it that.
- Ask questions. "What are you thinking?", "Do you have any questions for me?"
- Invite questions.
- Explain your feelings to your child, especially if you are crying. Give your child permission to cry with you. Parents are role models and it's OK and appropriate for children to see our sadness and our tears.
- Talk about feelings: sad, angry, feeling responsible, scared, depressed, wishing to die, etc.

### **If Death Occurs**

- As soon as possible after the death, set time aside to talk to your child.
- Once again, give your child the facts in a simple manner.
- Use the correct language - say the word "dead" etc. Do not use phrases such as: "He's sleeping", or "God took her", or "He went away", etc.
- Ask your child questions to better understand what they may be thinking or feeling. "What are you feeling?" "What have you heard from your friends?" "What do you think happened?" Etc.
- Continue to explain your feelings to your child. You can use this experience as a time to teach and to further bond with your child. We share happy times with our children, so we need to share the sad times as well.
- Use the given name of the deceased when speaking of him or her.
- Understand the age and level of comprehension of your child. Speak to that level.



- Talk about their feelings.
- Read a book on childhood grief so you have a better understanding of what your child may be experiencing.
- Read a book on death to your child. Take time to discuss what you have read and tie it into what is happening to you.
- Talk about the viewing and funeral. Explain what happens at these events and find out if your child wants to attend. Perhaps you would like to plan a "children's funeral" in addition to the adult's service.
- Think about ways your child can say "good-bye" to the person who has died.
- Talk to your child about God, if appropriate, and what happens to people after they die.
- Invite your child to come back to you if he or she has more questions or has heard rumors - that you will help get the correct information.
- Talk about memories, good ones and ones not so good.
- Watch out for "bad dreams". Are they occurring often? Talk about the dreams.
- Watch for behavioral changes in your child both at home or at school.
- You might see some of the following emotions:
  - a. Tearful
  - b. Irritability
  - c. Clinging to you
  - d. Whiney moods
  - e. Somatic Complaints
  - f. Unable to concentrate
  - g. Grades may dip temporarily
  - h. More pronounced fears, i.e.: of dying themselves, or you dying, etc,
  - i. Regression in behavior
  - j. Aggressive behavior
  - k. Changes in sleep and appetite

These are normal emotions, however, if you ever feel they are more extreme or lasting longer than you think they should, never hesitate to consult a professional.

- Offer your child loving, touching support.