

















Recommended Resources for Children








The following resources are recommended by the Canadian Association of Psychosocial Oncology Education Committee Expert Panel for Resource Development who produced the resource: Supporting Children and Teens When a Family Member Has Cancer.

-  Book
-  Activity Book
-  Fact Sheet
-  Website/webpage
-  Video/DVD/podcast








Resources About Cancer And Illness

-  [Our Family Has Cancer Too!](#) By Christine Clifford. University of Minnesota Press, 2002. A cartoon illustrated book that describes a family's experience with cancer, for ages 3 to 16.
-  [The Paper Chain.](#) By Claire Blake, Eliza Blanchard & Cathy Parkinson. Health Press, 1998. A cartoon illustrated book that tells the story of how one family coped while their mother was in the hospital during her cancer treatment, for ages 4 to 10.
-  [It Helps to Have Friends When Mom or Dad Has Cancer.](#) By Carol Lindberg. American Cancer Society, 1987. A pamphlet offering coping ideas when a parent has cancer, for ages 3 to 16. To order call (800) ACS-2345.
-  [When Mommy Is Sick.](#) By FerneSherkin-Langer. Albert Whitman & Co., 1995. A little girl misses her mother while she is at the hospital for an unspecified illness, for ages 4 to 8.
-  [Kemo Shark.](#) By Kidscope, Inc. A cartoon illustrated book, featuring "Kemo" the shark who explains how chemotherapy works to fight cancer. Also available in Spanish. Appropriate for ages 3 to 12.
-  [The Kids' Guide to Mommy's Breast Cancer: A book for young children.](#) By Karyn Stowe. AuthorHouse, 2011. A creative and informative book for young children to enjoy and relate to as they and their families cope with the challenges of breast cancer and treatment.
-  [Sammy's Mommy has Cancer.](#) By Sherry Kohlenberg. Magination Press, 1993. This book won the "Best Book of 1994" award from the American Medical Writers Association. For 3 to 6 year olds.
-  [The Secret C: Straight Talking About Cancer.](#) By Julie A. Stokes. Winston's Wish, 2009.
-  [Vanishing Cookies: Doing OK When a Parent has Cancer.](#) By Dr. Michelle B. Goodman. Benjamin Family Foundation, 1990.
-  [A Dragon in your Heart.](#) By Sophie LeBlanc. Publications MNH Inc., 1997.
-  [Once Upon a Hopeful Night.](#) By Risa Sacks Yaffe. Oncology Nursing Press, 1998. A bed-time tale to help comfort kids who are struggling with their parent's cancer, for ages 3 to 10.







Supporting Children and Teens When a Family Member Has Cancer

-  [When Someone You Love Has Cancer: A Guide to Help Kids Cope](#). By Alaric Lewis and R. W. Alley. Abbey Press, 2005. Discusses cancer in the family and the emotions children may feel, for ages 4 to 10.
-  [Mom has Cancer!](#) By Jennifer Moore-Mallinos. Barron's Educational Series, 2008. Helps kids understand how Mom requires special medical care on her path toward regaining health, for ages 3-6.
-  [Today I Feel Silly & Other Moods That Make My Day](#). By Jamie Lee Curtis and Laura Cornell, 1998. Not specific to cancer or illness, this book focuses on the range of human emotions, to help kids talk about their feelings, for ages 4 to 8.
-  [Time for Me: An Activity Book for Kids When Someone Has Cancer](#). Designed for ages 6 to 12 to learn about cancer, as well as ways of coping. By June Slakov and Karen Janes. BC Cancer Agency, 2004.
-  [When Someone is Very Sick](#). Jim & Joan Boulden. Boulden Publishing, 1995. A playful yet realistic story of feelings children may experience when confronted with a serious illness in a family member. Included with this book are memory pages and graphics to make get-well cards, for ages 8 to 10.
-  [When Someone has a Very Serious Illness: Children Can Learn to Cope with Loss and Change](#). By MargeHeegaard. Woodland Press, 1991. A cartoon illustrated workbook for kids to color to help them understand their feelings when their parent is ill, for ages 4 - 7.
-  [Kids Tell Kids: What it's Like when Their Mother or Father has Cancer](#). by Susan Nessim Keeney. Susan NessimKeeney/Cancervive, 2007. A 15-minute documentary for children who have a parent with cancer. Available to order.

Resources About Death And Grief

-  [The Tenth Good Thing About Barney](#). By Judith Viorst and Erik Blegvad. Atheneum Books for Young Readers, 1987. The loss of a pet allows family to explore understandings of death and loss, for ages 3 to 8.
-  [What is Death?](#) By Etan Boritzer. Hushion House, 2000. Talks about a variety of cultural and religious beliefs.
-  [Where Are You? A Child's Book about Loss](#). By Laura Olivieri. Lulu.com, 2007. Based on the author's experience of being widowed when she had a three-year-old son, this richly illustrated book for younger children is to help them understand and overcome loss and/or the death of someone close.
-  [What Happens When We Die? Bible Basics For Kids](#). By Carolyn Nystrom. Moody press, 2003. With colorful illustrations and simple language, these books help children ages 2-5 develop their understanding of Christianity.
-  [Someone I Love Died](#). By Christine Harder Tanguald. David C. Cook Publishing, 1988. From the "Please Help Me God" Series.
-  [Morning Light: An Educational Storybook for Children and Their Caregivers about HIV/AIDS and Saying Goodbye](#). by Margaret Merrifield. Fitzhenry & Whiteside, 1995.
-  [The Last Goodbye](#). Jim & Joan Boulden. Boulden Publishing, 1994.

Supporting Children and Teens When a Family Member Has Cancer

-  [When Dinosaurs Die: A Guide to Understanding Death](#). By Laurie and Mark Brown, Little & Co, 1996. A balanced, comprehensive and age-appropriate explanation of death and its emotional aftermath, for ages 4-8.
-  [The Fall of Freddie the Leaf: A Story of Life for All Ages](#). By Leo Buscaglia. Slack Incorporated, 2006.
-  [Lifetimes: The Beautiful Way to Explain Death to Children](#). By Bryan Mellonie & Robert Ingpen. Belitha Press Ltd, 1997.
-  [Why Did You Die?](#) By Erika Leeuwenburgh and Ellen Goldring. Instant Help Books, 2008. Activities to help children cope with grief and loss.
-  [When Someone Very Special Dies: Children Can Learn to Cope with Grief](#). By Marge Heegaard. Woodland Press, 1996. A cartoon illustrated workbook for kids to color to help them understand their feelings when a loved one dies, for ages 4 - 7.
-  [Healing Your Grieving Heart for Kids: 100 Practical Ideas](#). By Alan D. Wolfelt. Companion Press, 2001. The text is simple and straightforward, teaching children about grief and affirming that their thoughts and feelings are not only normal, but necessary. For ages 6 to 12.

For More Information

Contact psychosocial oncology clinicians (social workers, psychologists, counsellors, spiritual health specialists, specialty nurses, psychiatrists) in major cancer centres/hospitals for more information about supporting children, teenagers, and families. Many of these centres also have free lending libraries. Other health and social service agencies may also be helpful.