

Helpful Resources:

ORGANIZATIONS:

When Children are affected by cancer-A Coping Guide:

Children who face cancer—whether their own diagnosis or that of a loved one—often experience confusion, fear, and grief. Adults play a crucial role in guiding them through these challenges by offering clear communication, emotional support, and stability.

When a Child Has Cancer

Childhood cancer is rare but devastating. Talking openly and in age-appropriate ways helps children better understand their condition. They may ask why they became ill, whether they will recover, or what treatments involve. It's important to reassure them that nothing they did caused the disease.

Providing Comfort and Support

Cancer can bring major changes, from hair loss to fatigue and shifting friendships. Parents and caregivers can ease the adjustment with creative coping strategies, social opportunities, and normal routines. Encouraging fun activities and time with peers helps reduce feelings of isolation.

Families Facing a Terminal Diagnosis

When a child's illness is terminal, families must balance their own grief with supporting the child. Healthy coping may include seeking therapy, spending meaningful time together, drawing on spiritual beliefs, and leaning on extended family or friends for support.

When a Loved One Has Cancer

Children also struggle when a parent or close family member is ill. Their reactions may range from anger to withdrawal. Honest, age-appropriate conversations help them process what's happening. Maintaining routines and creating moments of quality time can provide comfort during uncertainty.

Supporting Healthy Grieving

Losing a loved one is often a child's first experience with grief. They need space to ask questions, express emotions, and remember the person in meaningful ways. Healthy grieving happens at different paces and may come in waves. If a child shows ongoing distress, professional help from a therapist may be needed.

The Importance of Mental Health

Children coping with cancer or loss are at risk of anxiety, depression, and stress. Recognizing warning signs and offering both family support and professional guidance ensures they do not face the journey alone. To learn more, visit: <https://mesothelioma.net/children-affected-terminal-cancer-coping-guide/>

While this looks like it is directed towards families with mesothelioma, actually, this FREE resource is useful for families with ANY type of cancer. It is a useful

guide about how to talk to a child when a family member has cancer OR when a family has a child with advanced or terminal cancer.

OTHER HELPFUL RESOURCES FOR PARENTS:

Roadmap to help kids Positively Navigate the Cancer Experience-

Aurelie Catherine Cormier RN MS ANP-BC

Camp Kesem-Camp for children whose parents have cancer. Free of charge

Have are several in each New England state as well as NY and NJ.

<https://www.kesem.org/programs-services/camp-kesem>

Environmental Working Group: EWG:

www.ewg.org

This is the Best Go-To Resource for any Consumer issues regarding environmental impacts of water, home, food, skin care products and potential toxic exposures.

Hole in the Wall Gang Camp

<http://www.holeinthewallgang.org/Page.aspx?pid=471>

Weeklong summer camp and year-round center for kids dealing with serious illnesses including cancer and blood disorders. Founded by Paul Newman in 1988, the camp is offered free of charge. Kids spend their days in a fun-loving, activity centered camp located in Ashford, Ct. Kids are usually enrolled for 3 summers in a row to help build friendships and lasting experiences of being a kid.

Silent Spring, Institute

www.silentspring.org

Located in Newton and carrying on the work of Rachel Carson, Silent Spring is dedicated to researching and disseminating information on the environment and its' association with disease in general and breast cancer specifically. Has great web site information on known carcinogens in the environment, our homes, work sites and pharmaceuticals which have already been associated with breast cancer. Well worth your time to look over their findings.

BOOKS:

Pregnancy & Birthing:

Barker MD, David (1998) Mothers, babies and health in later life. Edinburgh: Churchill Livingstone.

Gaskin, I.M. (2003). Guide to childbirth. New York: Bantam Books.

Grandjean, P. (2013). Only one chance: How environmental pollution impairs brain development-and how to protect the brains of the next generation. Oxford: Oxford University Press.

Howland, G (2017). The Mama Natural: Week-by-week guide to pregnancy & childbirth. New York: Gallery Books.

Hulme, J. (2021). Beyond kegels Fabulous four exercises and more...to prevent and treat incontinence. (4th Ed). Helena, MT: Phoenix Publishing Co.

Ou, H. (2016). The first forty days: The essential art of nourishing the new mother. New York: Abrams

Parenting:

Brazelton MD, T. Berry (1992). Touchpoints The essential reference Your child's emotional and behavioral development. Reading, MA: Addison-Wesley Publishing.

Curran, D. (1985). Stress and the healthy family: How healthy families control the ten most common stresses. Minneapolis, MN: Winston Press.

Curran, D. (1983). Traits of a healthy family: Fifteen traits commonly found in healthy families by those who work with them. Minneapolis, MN: Winston Press.

A classic based on research that Dolores Curran created. It is full of wisdom and a definite read if you want to know what factors help the family to live healthy habits for the long term. Dolores Curran's book, *Stress and the healthy family*, is a great companion book

Davis, L & Keyser, J. (1997). Becoming the parent you want to be. A sourcebook of strategies for the first five years. New York: Broadway Books.

Doe, M & Walch PhD, M (1998). 10 Principles of spiritual parenting Nurturing your child's soul. New York: Harper Collins Publishing.

Doe, M.& Waller,G.(1995). Drawing angels near Children tell of angels in words and pictures. New York: Pocket Books.

Doe, M. (2004). Nurturing your teenager's soul: A practical approach to raising a kind, honorable, compassionate teen. New York: Penguin Group

Domar PhD, Alice (1996) Healing mind Healthy woman Using the mind-body connection to manage stress and take control of your life

Kabat-Zinn, M. & J. (1997). Everyday blessings: The inner work of mindful parenting. New York: Hyperion.

Rauch, P. & Muriel, A. (2006). Raising an emotionally healthy child when a parent is sick. New York: McGraw Hill.

Rimm PhD, S. (1999). See Jane win: The Rimm Report on how 1,000 girls became successful women. New York: Three Rivers Press.

Sears, W. & Sears, M. (1995). The Discipline book: Everything you need to know to have a better-behaved child from birth to age ten. Boston: Little, Brown and Company.

Sears, W. & Sears, M. (2002). The Successful child: What parents can do to help kids turn out well. Boston: Little, Brown and Company.

Steingraber, S (2001). Having Faith: An ecologist's journey to motherhood. New York: Berkley Books.

Steingraber, S (2010). Living downstream: An ecologist's personal investigation of cancer and the environment (2nd Ed). Cambridge, MA: DeCapo Press.

Steingraber, S (2011) Raising Elijah Protecting our children in an Age of Environmental Crisis

This should be on every parent's "great reads" list. Sandra is a biologist who has done immense research on the chemicals and pollutants in our environment which impact on our children's health. She has several books but her latest is written with expertise and straight from the heart...by a parent, for parents. It will raise our collective consciousness up a notch on how we can work to create a better world for our children and our children's children!

WELLNESS Habits:

Buettner, D. (2012). The Blue Zones: 9 lessons for living longer from the people who've lived the longest (2nd Ed). Washington, DC: National Geographic.

Buettner, D. (2019). The Blue Zones Kitchen: 100 Recipes to live to 100. Washington, DC: National Geographic.

Gottman, J.M. & Silver, N (2015). The Seven principles for making marriage work: A practical guide from the country's foremost relationship expert. New York: Harmony Books.

Kahn, J. (2018). The Plant-based solution: America's healthy heart doc's plan to power your health. Boulder, CO: Sounds True.

Kaminsky, H. (2018). Real food, Real fast: Delicious plant-based recipes ready in 10 minutes or less. New York: Skyhorse Publishing.

Li, W (2019). Eat to beat disease: The new science of how your body can heal itself New York: Grand Central Publishing.

Peale, N.V. (1952). The power of positive thinking. New York: Fawcett Columbine.

Peck MD, M. Scott (1978). The road less traveled A new psychology of love, traditional values and spiritual growth.

M Scott Peck has THE BEST definition of love that I have ever known. As a psychiatrist, he has distilled the essence of human love and connection into a thought-provoking and powerful read on the true meaning of love here on earth

Seppala, E. (2016). The Happiness track How to apply the science of happiness to accelerate your success. New York: Harper Collins Publishers.

Seppala, E. (2025). Sovereign: Reclaim your freedom, energy, and power in a time of distraction, uncertainty, and chaos. Carlsbad, CA: Hay House LLC.

Shanahan, C & Shanahan, L. (2016). Deep nutrition: why your genes need traditional food Featuring the four pillars of the human diet. New York: Flatiron Books.

Valpone, A. (2016). Eating clean: The 21-day plan to detox, fight inflammation, and reset your body. Boston: Houghton Mifflin Harcourt

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