

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at www.bccancer.bc.ca/library.

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website (www.bccancer.bc.ca). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

HELPING CHILDREN COPE WITH CANCER IN THE FAMILY

Although challenging and complex, helping children and teens cope with cancer in the family can make a critical difference in this confusing and scary time. Some of the challenges include knowing what to share and say, helping kids know what to expect, and finding the balance between sharing too much and too little. The following resources can help guide you in answering these and other questions.

LIBRARY/CANCER INFORMATION CENTRE RESOURCES

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to www.bccancer.bc.ca/library to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

For Parents and Other Adults

Can I still kiss you?: answering your children’s questions about cancer (Book) **QZ201 R965 2001**

Cancer in our family: helping children cope with a parent’s illness (Book) **QZ201 H468 2013**

Also available online at

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=645715>.

Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 (toll-free) to obtain a username and password from the Library.

How do we tell the children? (Book) **BF575 531h 2001**

How to help children through a parent's serious illness (Book) **BF575 M133 2011**

Reaching out to your children when cancer comes to your family (Book) **QZ201 S631r 2007**

Also available online: www.cancerinmyfamily.ca/Parent'sGuideMar18proof.pdf.

What about my kids?: a guide for parents living with breast cancer (Book) **WP870 C826 2006**

When a parent is sick: helping parents explain serious illness to children (Book) **BF575 H218 2001**

For Teens

Cancer information for teens (Book) **QZ201 C215c 2010**

Skin deep (Book) **QZ201 C5 D563 2010**

My parent has cancer and it really sucks (Book) **QZ201 C5 S587 2013**

When your brother or sister has cancer : a guide for teens (Book)

Go to www.cancer.gov and search for "When your brother or sister has cancer."

When your parent has cancer : a guide for teens (Book) **QZ201 W567 2005**

Also available online. Go to www.cancer.gov and search for "When your parent has cancer."

For Older Children

I have a question about cancer : clear answers for all kids, including children with

Autism spectrum disorder or other special needs (Book) **QZ201 C5 G142 2019**

Long live the queen (Book) **QZ201 C5 S132 2018**

Nana, what's cancer? (Book) **QZ201 C5 F288 2010**

Also available online at

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=396809>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 (toll-free) to obtain a username and password from the Library.

Scribble & paste (Journal) **QZ201 C5 H241s 2016**

Also available online. Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Talking to My Family.

You are not alone: families touched by cancer (Book) **QZ201 C5 G785 2010**

For Young Children

Butterfly kisses and wishes on wings (Book)	QZ201 M176b 2006
Cancer hates kisses (Book)	QZ201 C5 S633 2017
Grandma Kathy has cancer (Book)	QZ201 C5 B924 2007
Kid's guide to mommy's breast cancer (Booklet) Also available online at https://rethinkbreastcancer.com/living-with-breast-cancer/breast-cancer-resources/young-families-breast-cancer/	QZ201 C5 S892 2011
Metu and Lee learn about breast cancer (Book)	QZ201 C5 S121 2006
Mom has cancer (Book)	QZ201 C5 M822 2008
Mommy's cancer (Book)	QZ201 C5 M612 2010
Mr. C the globetrotter (Book)	QZ201 C5 G7851 2013
Mummy had an owie (Book)	QZ201 C5 M643 2008
My adventures with fox and owl (Journal) Excerpts are available online. Go to www.bccancer.bc.ca and click on Health Info→Coping with Cancer→Talking to My Family.	QZ201 C5 H241 2016
Nowhere hair (Book)	QZ201 C5 G542 2010
Our dad is getting better (Book)	QZ201 C5 S586d 2007
Our mom is getting better (Book) Also available online at http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=443048 . Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 (toll-free) to obtain a username and password from the Library.	QZ201 C5 S586m 2007
Punk wig (Book)	QZ201 C5 R559 2008
When mommy had a mastectomy (Book)	WP870 C5 G812 2005

When someone you love has cancer (Book)

QZ201 L673 2005

Where's mom's hair?: a family's journey through cancer (Book)

QZ201 C5 W346 2005

You are the best medicine (Book)

QZ201 C5 C592 2010

PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

BC Cancer Cancer & the Family Resources

Go to **www.bccancer.bc.ca** and click on Health Info→Coping with Cancer→Talking to My Family.

Various handouts and pamphlets are available, including:

Getting through: a guide for middle-school and high-school students when cancer affects the family

Talking with your children about a cancer diagnosis

Talking with your teen about a cancer diagnosis

RECOMMENDED WEBSITES

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to **www.bccancer.bc.ca** and click on Our Services→Services→Library→Recommended Websites→Living with Cancer Websites→Children and the Family Websites.

BC Cancer

www.bccancer.bc.ca

Click on Health Info→Coping with Cancer→Talking to My Family.

Provides information about talking with your children and teens and common questions they may ask.

Cancer in the Family

www.cancerinmyfamily.ca

This is an interactive BC Cancer website for young children (ages 6-10). There are a number of games, tips, and journal prompts that can help kids to express their feelings and experiences related to cancer in their families.

Facts4Teens

<http://facts4teens.bccancer.bc.ca>

A BC Cancer website for teens who have a family member with cancer. There is information about what cancer is and how it is treated, feelings, stories and art, stuff that helps, and a section for parents and caregivers.

RipRap: when a parent has cancer

www.riprap.org.uk

This website can help young people (ages 11-15) cope when a parent has cancer. There are stories from young people who have experienced having a parent with cancer and there is information and tips to help with understanding along the way.

A guide to supporting children and teens when a family member has cancer for educators, healthcare professionals and patients.

SUPPORT PROGRAMS

This section provides a list of relevant support programs offered by community organizations or BC Cancer. BC Cancer centres generally offer monthly support groups, sometimes specific to particular types of cancer. Also offered are facilitated groups to help with stress reduction, including mindfulness based stress reduction, relaxation and stress management, and therapeutic touch. Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

www.bccancer.bc.ca/our-services/services/support-programs

BC Cancer Patient & Family Counselling

This service is available to anyone in BC who has received a diagnosis of cancer, as well as those supporting them. Counselling is available to individuals, couples, and families, either in person or over the phone. The services are solution-focused and are limited to addressing challenges related to cancer.

Get more information at www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling

If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.

Abbotsford	604.851.4710, ext. 646825 or toll-free 1.877.547.3777
Kelowna	250.712.3900 ext. 686821 or toll-free 1.888.563.7773
Prince George	Toll-free 1.888.675.8001, ext. 8001
Surrey	604.930.2098 ext. 654576 or toll-free 1.800.523.2885
Vancouver	604.675.8001 or toll-free 1.888.675.8001, ext. 8001
Victoria	250.519.5517 or toll-free 1.800.670.3322