

FAMILY HISTORY INTRODUCTION

PARENTS INTRODUCTION TO

MY FAMILY STORY ACTIVITY

Support around talking to your children about inherited cancer

Many parents struggle to know when, how and what to tell their children about the risk of inherited cancer. They worry about causing them distress, but there is lots of research suggesting that if you talk to your children when they are young, they accept it and move on with their lives.

Over time you can build on the information seeds you have grown, and when they are ready to acknowledge what it might mean for them, it is not a shock. They can deal with it, knowing they are supported by you.

You may like to create your own family story using the resource we have made. Fill this in together, refer back to it when needed, or once a year, so you can easily thread this information throughout their childhoods.

