

CREATE YOUR OWN STORY

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You can use this resource in different ways to help your child understand how your cancer will affect you, them, and family life.

- 1** Use the sentences below (cut or write them out) that are relevant to you or just use your own words. Add them into the empty story board template with the little illustrations.
- 2** Use the illustrations on their own if your child understands better with just visual information.
- 3** Make a book together that you can keep adding to. Keep reflecting on the different changes that need to happen as life with cancer changes.

I have an illness called cancer

Cancer stops the body working properly

Nobody has caused the cancer, it has just happened

The part of my body the cancer is in is called the

There are lots of different types of cancer, my cancer is called

I am going to be treated by doctors and nurses at the hospital

The hospital is called

My nurse who will be looking after me is called

I will be having surgery

I will be having medicines called chemotherapy that gets rid of cancer cells

The medicine will be given to me in hospital

The medicine are pills I have swallow

I have to inject the medicine into my skin

I have cream that I will put on my skin

At hospital whilst having my treatment I will read my books/watch ipad

You can come and visit me whilst I am in hospital

You can't come and visit me whilst I am in hospital

I will be having a treatment is called radiotherapy that gets rid of cancer cells

I will be having different types of treatment

The cancer treatment will make my hair fall out

My hair will grow back when the treatment has finished

The cancer treatment will make me very tired

The cancer treatment will make me feel sick

The cancer treatment will make me feel very cold

The cancer treatment will make me feel sore

The cancer treatment will make me

I will lose my head hair, eyelashes, and eyebrows

I will wear a wig

I will wear a headscarf

I will wear a hat

I will need to stay in bed and sleep

I will not be able to do the things I used to be able to do

I might feel sad

I might feel angry

I might feel frustrated

You can still hug me

You can still give me kisses

You might feel sad

You might feel angry

You might feel lonely

You might feel

I would like you to be yourself and have fun even though I am ill

I would like you to ask me any questions

I would like you to know that you are loved