

# CAN PEPPA PIG BE A BABY SITTER?

Parenting is hard.  
Parenting with cancer  
feels virtually impossible.

We are here for you.

It doesn't matter what your family looks like, or if you're just diagnosed, in treatment, living with, or now cancer free, we will help you navigate family life and the challenges parenting throws at you.

You'll find tips and advice, practical skills, parenting tools, activities, resources, workshops and coaching programmes.

TALKING TO KIDS ABOUT CANCER

MANAGING BEHAVIOURS

VALIDATING KID'S EMOTIONS

HOW TO INCLUDE SCHOOLS

SUPPORT FOR NEURODIVERGENT KIDS

HOW TO PARENT FROM A SOFA

BEING A GOOD ENOUGH PARENT

SETTING BOUNDARIES

EXPLAINING INHERITED CANCERS

LOADS MORE...

[www.parentingwithcancer.org](http://www.parentingwithcancer.org)



# CHICKEN NUGGETS & UNLIMITED SCREEN TIME

Find people who can relate to this—  
join the parenting with cancer community.

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# IT IS OK IF...

YOUR KIDS STARE AT SCREENS MORE

**YES!**

YOUR KIDS EAT RUBBISH FOOD MORE THAN USUAL

**YES!**

YOUR BABY NEEDS TO CHANGE FROM BREAST TO FORMULA

**YES!**

YOUR HOUSE IS A MESS

**YES!**

YOU SPEND TIME TAKING CARE OF YOURSELF

**YES!**

**When life changes,  
find new rules to make life easier.  
Your kids will be OK.**

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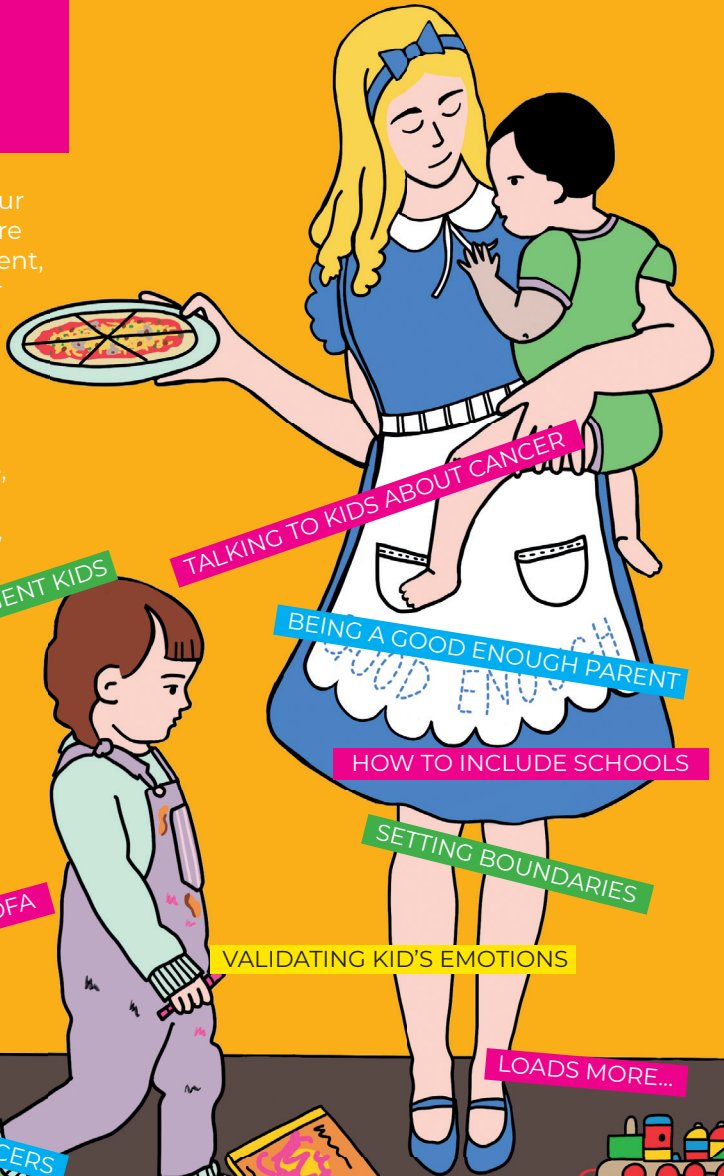
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# BE A GOLDILOCKS PARENT

**Not too good,  
not too bad,  
just enough**

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