



Take Care of Yourself

Accept your feelings.

Some days you may feel hopeful. Other days you may feel worried or overwhelmed. You may feel like you are on an emotional rollercoaster. This is normal.

Let other people help you.

Family, friends, and neighbors may offer to help. Even if you are not used to accepting help, let others know what you need. Perhaps people can help with household tasks, childcare, or shopping. This will be good for you, and for those who want to be supportive.

Do not be influenced by the advice of others.

Family, friends, or acquaintances may offer opinions about your child's cancer and treatment. They may know "someone else" or have read something and may offer suggestions. Sometimes this is more confusing than helpful. Talk with your child's doctor, nurse or social worker. Ask questions. Rely on those who are knowledgeable about your child's cancer.

Sharing information.

Many friends and family may call. Repeated phone calls and questions can be overwhelming. Establish a method of communication that puts you in control.

- Use the answering machine.
- Determine what information you want to share and with whom.
- Consider setting up a web-page at www.Caringbridge.org. Here you can post information about your child is doing and receive messages from family, friends, and well wishers in your community.

It is okay to have fun.

Parents can feel guilty if they enjoy themselves during their child's cancer treatment. But, it is important to take a break from cancer, even if it is for a couple of hours. You could: go out to dinner; see a movie; get a massage; spend a few hours at the gym; or, take a walk. This will be good for you and your child.

