

Staying strong during COVID19

As a parent of a child with cancer you already have a lot to cope with, COVID19 adds an extra stress. It is important during these challenging times that you find ways to take care of yourself and others. This resource provides you with some coping strategies. Consider each strategy and how you can best apply it to your family's situation.

You are not alone



Trust your healthcare professionals



Talk to family and friends regularly



Seek support and offer support to other parents



Encourage yourself and others to remain hopeful

Share your coping strategies with your family and others



It is ok to ask others for help

Be kind to yourself and others



It is normal to feel fear, sadness or anger



Don't ignore the emotional impact of what you are coping with. Talk about how you feel



Rest, eat well and take exercise



Continue with activities: meditation, prayer or reading



Talk to your child about how they are feeling



Create some routine/structure to your days



Listen to your child and others