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# Talking to a child: 10 tips on how you can support parents

As a health and social care professional, you will need to support parents or guardians to talk to their child about their diagnosis.

**We have 10 top tips to guide you:**

- 1** Let the parent know you understand how difficult this conversation is.
- 2** Encourage them to tell their child about their illness.
- 3** Help them prepare for difficult questions.
- 4** Encourage them to use clear and simple language.
- 5** Reassure them that it's OK to show their emotions.
- 6** Reassure them that all children react differently in this situation.
- 7** Explain why it does not help the child if they're given false hope.
- 8** Explain why it's important to try to stick to routines.
- 9** Encourage them to ask for help – and use their support networks.
- 10** As hard as it is, encourage them to plan ahead.



For more information about supporting parents and guardians to have conversations about their illness, go to [mariecurie.org.uk/supporting-parents](https://mariecurie.org.uk/supporting-parents)