



PEER SUPPORT FOR PARENTS



As a parent of a child diagnosed with melanoma, you may find it helpful to connect with someone who has learned how to manage the disease you're trying to cope with each day.

AIM's Peer Connect program offers parents the opportunity to receive support from parents who have "been through it."

Email EngageUs@AIMatMelanoma.org to learn more.



PEDIATRIC MELANOMA

RESOURCES FOR PARENTS

Understanding your child's treatment plan and the impact treatment might have on your family and on your child's day-to-day life will help you cope and plan for the future.

How to Cope When Your Child is Diagnosed With Melanoma

tips, suggestions, and resources to help parents



LEARN ABOUT TREATMENT

Get to know the people on your child's cancer care team and what they do.

Bring a notebook to all your child's appointments to take notes and write down questions before and after the visit.

Ask for copies of test and lab results.

Ask staff to repeat information or explain something in a new way if you do not understand.

Carefully read through information the treatment team gives you.

Ask for help to get second opinions.

Ask the medical team to focus on teaching you what you need to know to care for your child at home.



CREATE A NEW NORMAL

Talk with your employer about programs and resources that are available to you either to help you take time off or to continue working during your child's treatment.

Ask friends and family to help by allowing you and your family to keep routines.

Talk with the health care team about if and when your child may be able to return to school.

Talk with the health care team about what medicines your child will take at home and how they can be scheduled to match your family's routines for meals and bedtimes.

Use a communication tool such as CaringBridge or create a website of your own to keep friends and family members up to date on your child's journey.



COPE WITH STRESS

Use support from social workers, counselors, nurses, psychologists, and doctors.

Lean on family members and friends: Talk with them and let them help with household needs.

Learn strategies to reduce anxiety and tension, such as exercising, listening to music, or keeping a journal.

Openly discuss fear and anxiety with cancer treatment team members.

Take care of yourself: Eat right, get rest, and take breaks.

Talk with other parents of children with melanoma.

Know that nothing you did caused your child's cancer.



learn more and find support

EngageUs@AIMatMelanoma.org

www.AIMatMelanoma.org

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