

BreaCan is a free, confidential information and support service for people affected by breast or gynaecological cancers. BreaCan has a comprehensive library of resources and below is a snapshot of the most popular books and videos based on feedback from service providers and women who use our service. This resource list focuses on parents, partners and children. All books and videos are available for loan through BreaCan. These resources are additional to the standard resources available through Cancer Council Victoria, Breast Cancer Network Australia and the National Breast and Ovarian Cancer Centre.

To borrow any of the resources please call us on 1300 781 500 or drop-in and visit.

Parenting

- Book **When a Parent Has Cancer: a guide to caring for your children**
 Harpham, Wendy Schlessel. New York: Harper Collins, 1997
- Booklet **Starting Young: Supporting children to deal with change, loss and grief in the early childhood years**
 Tonkin, Lois. Christchurch, NZ: Port Hills Press, 2003
- Handbook **Now What? Dealing with Your Parent's Cancer**
 CanTeen, 2008
 Now What? Is a handbook aimed at young people aged between 12 and 24 years who are affected by the impact of their parent's cancer on their lives. Available from CanTeen 1800 226 833
- Booklet **When a Parent Has Cancer: how to talk to your kids**
 A guide for parents with cancer, their families and friends
 Cancer Council NSW, 2005
- Booklet **Everybody Hurts Sometimes: a book about grief for children and teenagers**
 Tonkin, Lois. Christchurch, NZ: Port Hills Press, 1997

Partners

- Book **Breast Cancer Husband – How to help your wife (and yourself) through diagnosis, treatment and beyond**
 Silver, Marc. USA: Holtzbrinck, 2004
- Audio CD **When the woman you love has early breast cancer**
 National Breast and Ovarian Cancer Centre, Surry Hills NSW
- Audio CD **When the woman you love has advanced breast cancer**
 National Breast and Ovarian Cancer Centre, Surry Hills NSW
- Booklet **A guide for the partners of women with gynaecological cancer: how to help**
 Cancer Council Queensland, Spring Hill QLD, 2004
- Booklet **A guide for the partners of women with breast cancer: how to help**
 Cancer Council Queensland, Spring Hill QLD, 2004
- Book **When Life Becomes Precious: the essential guide for patients, loved ones and friends of those facing serious illness**
 Babcocl, Elise Needell. New York: Bantam, 1997
- Book **The Courage to Care: the impact of cancer on the Family**
 Baxandall, Susanne and Reddy, Prasuna. Melbourne: David Lovell Publishing, 1993
- Book **Self-Care for Caregivers: a twelve step approach**
 Samples, Pat; Larsen, Diane and Larsen, Marvin. Minnesota: Hazelden foundation, 1991
- Book **101 Easy things to do for a loved one with cancer**
 Sleeper, Cynthia Luane. USA: Writers Club Press, 2002

Story Books for Children

- Book **My mum has Breast Cancer; a family's cancer journey**
Sewards, Lisa and Sewards, Harrison. Melbourne: Lisa Sewards, 2006
- Book **When my Mum got sick through Zoe's Eyes**
Lawson, Monica. Melbourne: Brolga Publishing, 2007
- Book **She's got what? A story about Cancer**
Lethborg, Carrie; Kirsner, Angela. Melbourne: Department of Oncology, St Vincent's Hospital Melbourne
- Book **Hope, the Hairy Fairy**
Capkin, Sue. Braeside Victoria: Redwood Limited Prints, 2005
A story book which explores some of the physical and emotional challenges when a parent is diagnosed with cancer.
- Book **What is Happening to My Mummy?**
Moran, Noella. Cancer Council Queensland
- Book **Tickles Tabitha's Cancer-Tankerous Mommy**
Frahm, Amelia. USA: Nutcracker Publishing, 2001
- Book **Becky and the Worry Cup**
Harpham, Wendy S. New York: Harper Collins, 1997
- Book **Our Mom has Cancer**
Ackerman, Abigail and Adrienne. American Cancer Society, 2001

Websites

www.canteen.org.au

CanTeen, the Australian Organisation for Young People Living with Cancer, is a national support organisation for young people (ages 12-24) living with cancer; this includes patients, siblings, bereaved siblings and the children of people with cancer. Members are able to participate in camps, recreation days, seminars, workshops and most importantly share their hopes and fears, partake in decision making, meet new friends and have fun together.
1800 226 833

www.myparentscancer.com.au

My Parent's Cancer – Australian site run through the National Breast and Ovarian Cancer Centre for children whose parent or a loved one has breast cancer. May also be helpful for children affected by other cancer

www.nbocc.org.au/breasthealth/livingwithcancer/informationforpartners

Boys Do Cry - Drawing on interviews with men who have faced the same crisis, this section of the National Breast and Ovarian Cancer Centre's website is designed to help men understand what is happening to the woman they love, and what is happening to themselves. It also discusses the possible actions men can take to help their partner - and themselves - get through the ordeal.

www.winstonswish.co.uk

Winston's Wish is a charity for bereaved children, based in the United Kingdom. It aims to support young people re-adjust to life after the death of a parent or sibling. The website has practical information and suggestions to help children better understand the nature of loss and grief.

To borrow any of the resources please call us on 1300 781 500 or drop-in and visit our resource centre. The centre is located at Ground Floor, Queen Victoria Women's Centre, 210 Lonsdale Street, Melbourne. The centre is open from 10am - 2pm Monday, Wednesday and Thursday. For more information visit www.breacan.org.au