

# PARENTHOOD

## **Sandwich Generation: Parenting While Caring For Parents With Cancer Helpful Tips From The American Society Of Clinical Oncology**

(NAPSA)—Parenting young children while taking care of your own parent with cancer at the same time can mean juggling practical and emotional priorities. The patient information Web site of the American Society of Clinical Oncology, [www.plwc.org](http://www.plwc.org), offers tips about healthy caregiving.

### **Addressing Children's Concerns**

Set aside regular times each day to give children undivided attention, even if it is for only 10 or 15 minutes.

Talk to children openly and in age-appropriate language about your parent's illness. Let children know that it is normal for people who care about a family member who has cancer to be worried or sad sometimes.

Encourage them to ask questions and answer honestly. Be careful not to promise things will be okay if they may not, but reassure them that you will let them know if anything changes.

### **Caring For Parents With Cancer**

Ask the social worker, a nurse or doctor from the cancer treatment center for referrals to resources in your community, such as transportation assistance, home delivered meals and home nursing care.

Request a home safety evaluation by a visiting nurse or occupational therapist, for recommendations on adaptive devices and services to enhance safety and functional independence.

Make contingency plans so that a relative or friend can relieve the caregiver on short notice.

### **Coping Strategies For Caregivers**

As often as possible, try to eat a balanced diet and get enough sleep and regular exercise.

Allow yourself small intervals of time to rejuvenate, such as planning time with family or friends that does not involve discussions or tasks related to cancer.

Take advantage of local caregiver support groups, as well as online support groups and message boards.

Many of these suggestions center around the theme of asking for help. Most family and friends are willing to help, particularly when given specific suggestions. Delegating tasks can help you spend more quality time with your children and your parent and allow you to keep yourself healthy.

Visit [www.plwc.org](http://www.plwc.org) for more tips on caring for a parent with cancer, in addition to doctor-approved cancer information.