

告诉孩子你得了癌症

Telling your child you have

cancer

我有重要的事情想告诉你

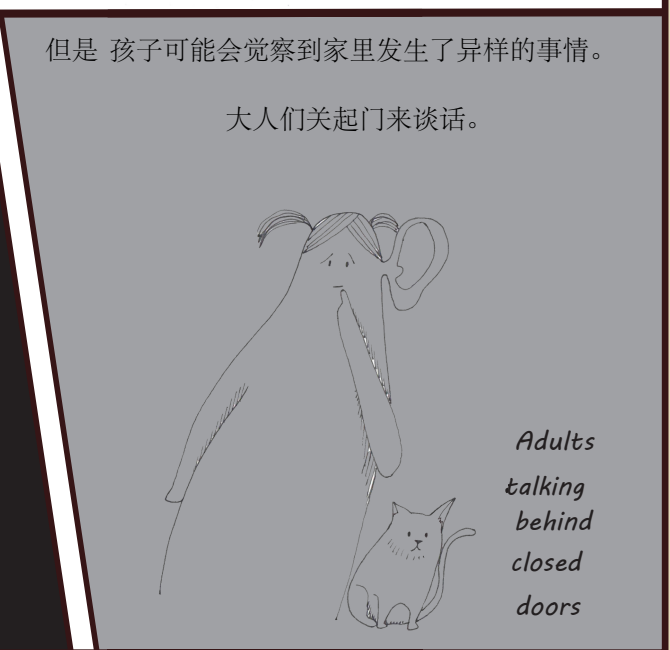
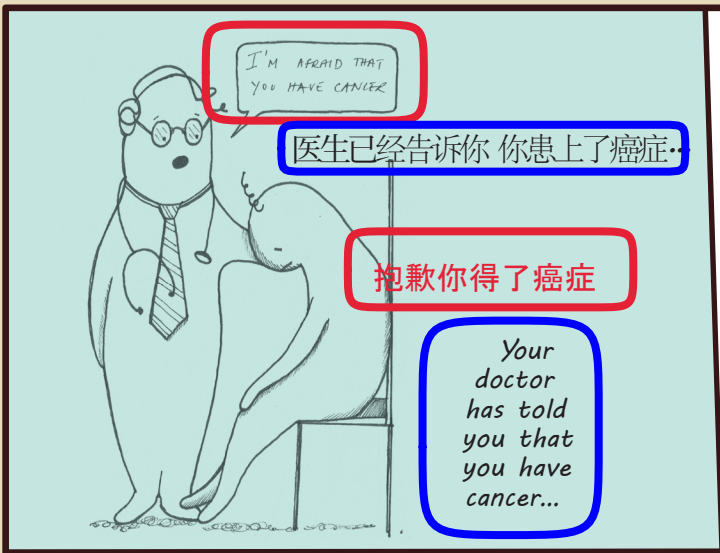




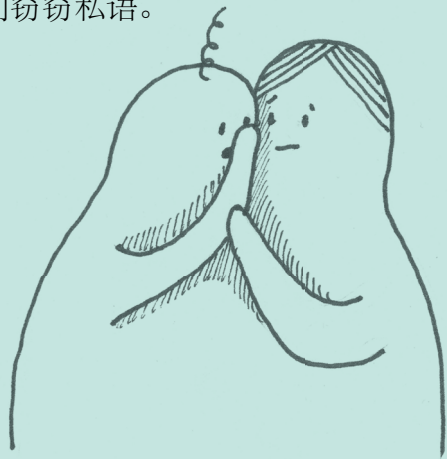
FRUITFLY
COLLECTIVE



Illustrations by Emma Swinhoe.

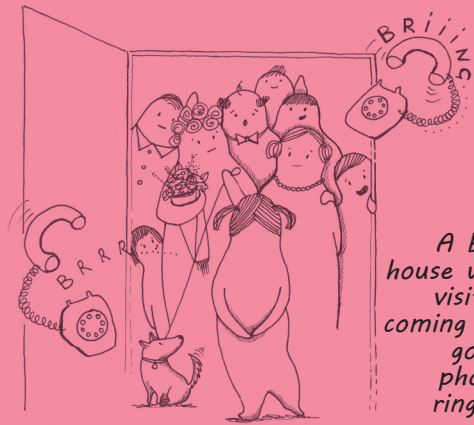


大人们窃窃私语。



Adults talking in whispers.

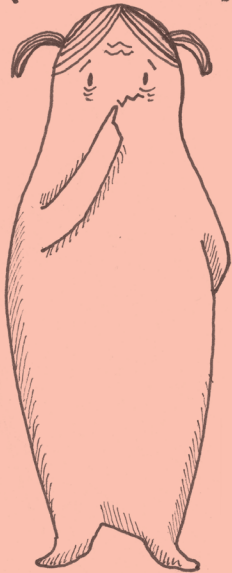
家里忙碌了起来 客人络绎不绝 电话频繁响起。



A busy house with visitors coming and going, phones ringing.

无论孩子的年纪多大 他们都会觉察到异样。

H m m m m



No matter how old your child is they will pick up that something is wrong.

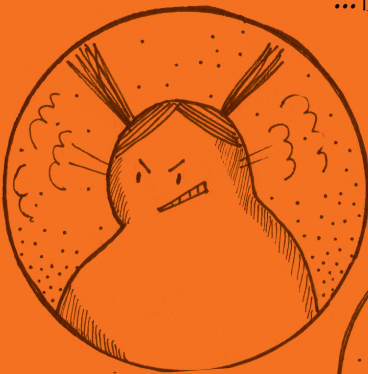
这样可能会让孩子感到困惑和担心 或者...



This may lead to your child feeling confused and worried or...



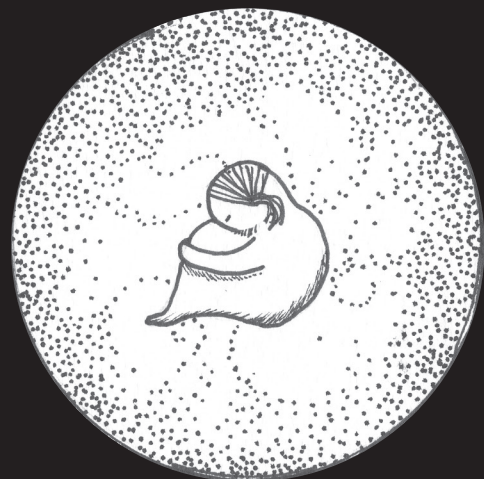
...愤怒和恐惧...



...angry and frightened

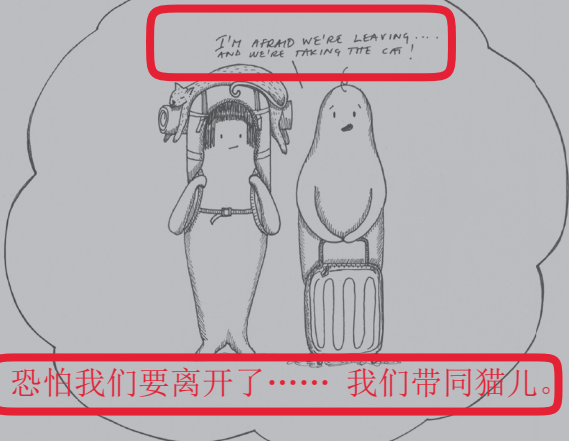


...或是感觉被遗弃和孤单。



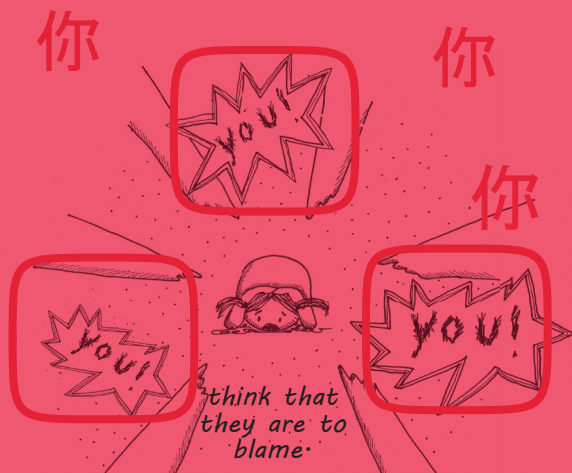
...or left out and alone.

他们可能开始想象更糟糕的事情，并且...



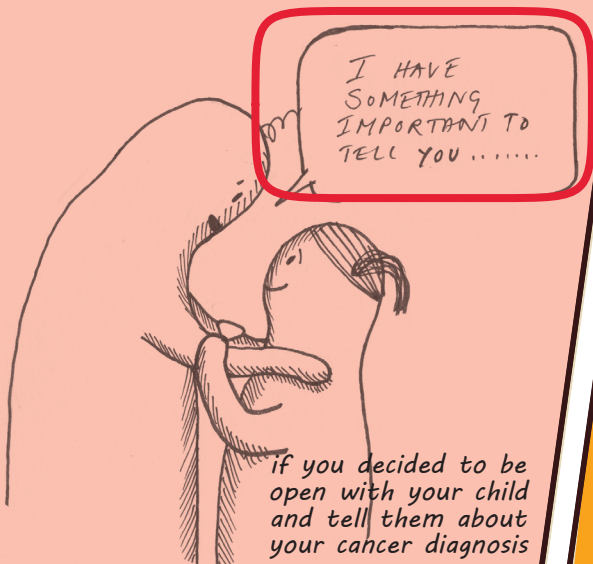
They may start to imagine much worse things and...

...以为他们要为此负责任。



如果你决定向孩子坦白 告诉他们有关你的癌症确诊。

我有重要的事要告诉你.....

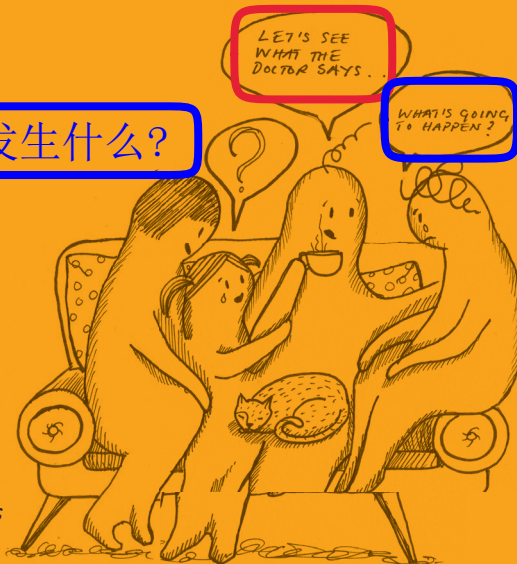


这样你就无需再隐藏自己的压力和烦恼 或者无需再秘密地谈话。

让我们看看医生怎么说.....

将会发生什么?

There would then be no reason to hide your stress and worries, or hold conversations in secret.



你的孩子会感到自己是家里的一员，得到了支持和被爱，也不用自责。你们可以互相扶持。



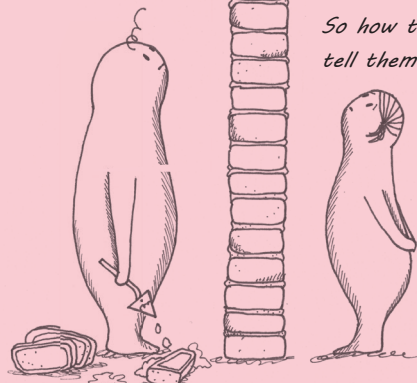
Your child will feel included supported and loved and more importantly won't blame themselves.

保护孩子免受伤害是出于你的本能，但向孩子隐瞒事实会给他们带来更大的伤害。

那么，怎样告诉他们呢？

Protecting your child against any harm is natural but it can be more harmful to leave them out.

So how to tell them?





选择一个安静的地方和一天当中相对安静的一段时间。

Choose a calm space and a quiet time of day

如果你有多个孩子，请在同一时间告诉他们。



If you have more than one child try to tell them together

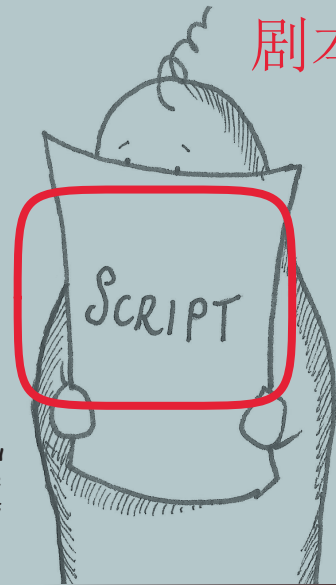
找一个支持你的人陪伴着你。



Ask someone to be with you for support.

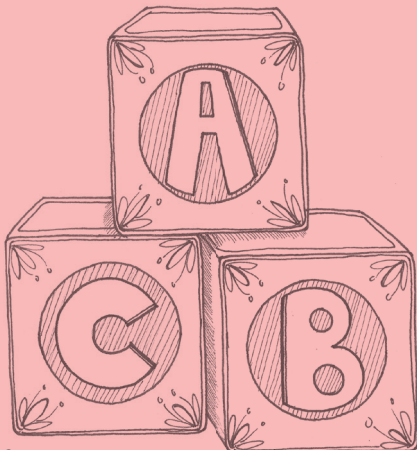
排练你可能要说的话
和你有可能要回答孩子们问题的答案。

剧本



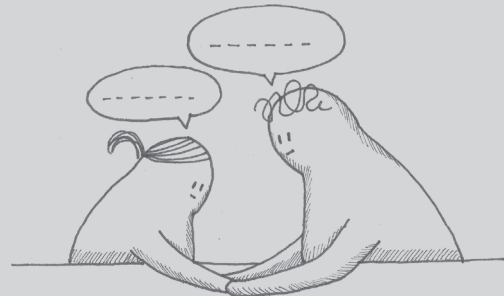
Rehearse what you might say and the answers you might give to their questions.

从简单的句子开始。



Start with simple and short sentences.

给孩子时间来接受这件事情，保持沉默是可以的。
问他们是否有任何担忧。
回答他们的问题。容许自己不知道如何回答所有的问题。

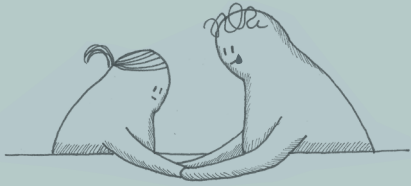


坦诚地说，并使用「癌症」一词。

Give your children time to take information in. Be honest. Silences are O.K. Ask if they have any worries. It is O.K to say you don't have the answers to their questions.

每个孩子都不一样

容许自己表达情绪。
不要以为他们和你一样的恐惧。
不要做出无法保证的承诺，也不要试图预测未来。
告诉孩子们你爱他们，他们会得到日常的照顾。



It's OK to show emotions. Don't assume they have the same fears as you and don't make promises you can't keep. Try not to predict the future. Tell them you love them, and that they will always be looked after.

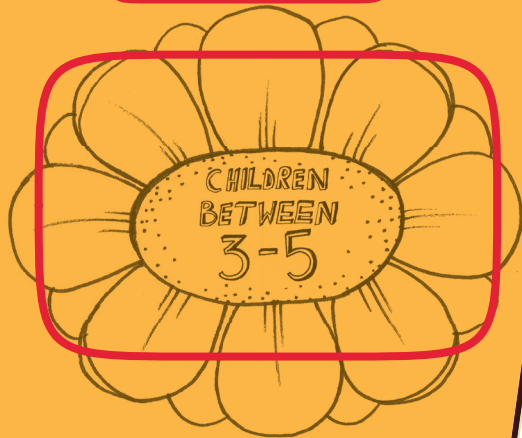


每个家庭都不一样。
如何告诉孩子们你的癌症诊断
将取决于他们的年龄 和你家庭的沟通方式。

Every family is different. How you tell them about your cancer diagnosis will be dependent on their age and how your family communicate.

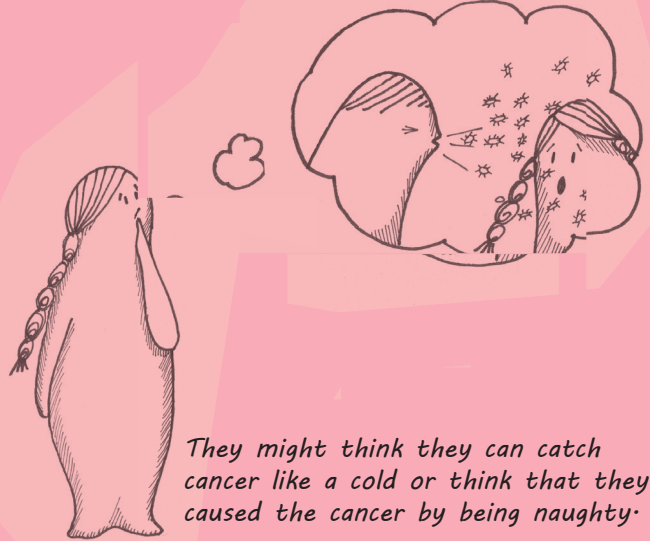
对疾病要有最基本的了解。

3-5岁的儿童



Have a very basic understanding of sickness.

孩子们通常认为自己可能会被传染癌症，就像感染上感冒一样，并且因为调皮而导致癌症。



They might think they can catch cancer like a cold or think that they caused the cancer by being naughty.

IT'S NOT YOUR FAULT, IT'S AN ILLNESS

THE DOCTORS ARE TRYING TO HELP ME GET WELL...

医生们正试图帮助我康复

Tell them that cancer is a sickness, that the doctors are trying to make you better and that nothing you did or said made them get cancer.

这不是你的错，这是一种病。

告诉孩子们 癌症是一种疾病 医生正在努力治疗你
你患癌与他们的行为或言词没有任何关系。

孩子们可能不会问任何问题
可能会表现得就像什么事都没有发生一样
而且想出去玩

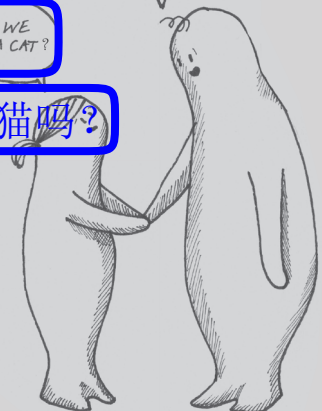
我得了癌症

I HAVE CANCER

CAN WE GET A CAT?

我可以养一只猫吗？

They most likely won't ask any questions. They probably will react like nothing has happened and want to go and play.



他们可能会开始表现出小孩子的特征：
例如尿床、或吮吸拇指、或...



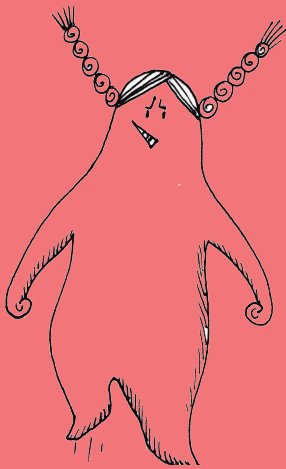
They may start to behave younger, like wetting the bed or sucking their thumb or



...害怕黑暗。

... being afraid of the dark.

他们有时候可能会表现出愤怒 开始打人和咬人。



They may also start behaving angrily and start hitting and biting.

你可以这样帮助孩子：

Support your child by:

观察他们的玩耍

Listening to their play

对他们的感受提高警觉

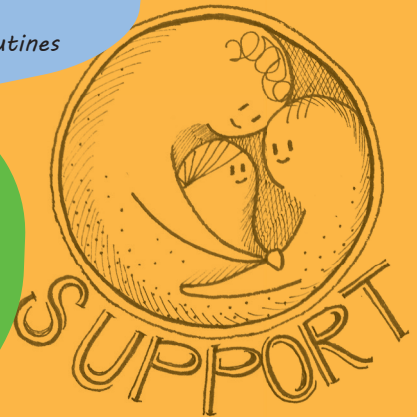
Being alert to their feelings

坚持生活常规

Sticking to routines

回答他们的问题

Answer their questions and concerns



可以深入了解癌症 但他们常常用自己的有限知识去理解癌症。
他们仍然认为自己可能会患上癌症
或者是他们使你患上了癌症。

6-11岁的儿童

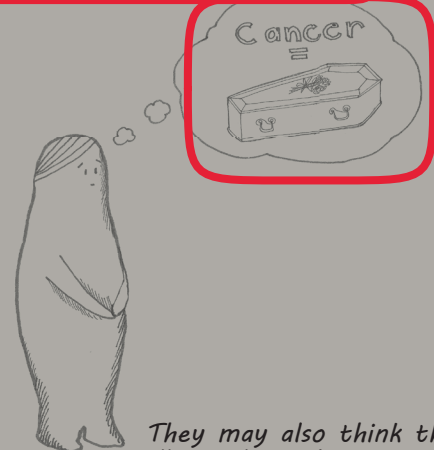
CHILDREN
BETWEEN
6-11

Can understand much more about cancer but they often fill gaps in their knowledge with their own ideas.

They can still believe that they can catch cancer, or that they caused it.

他们可能还认为所有癌症病人都会死亡。

癌症就是死亡



They may also think that all people with cancer die.

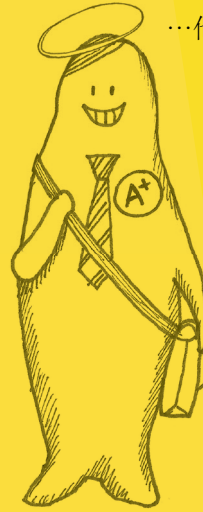
你的孩子可能会感到悲伤、愤怒、焦虑、内疚或容易感到不安。他们在学校可能无法集中注意力，或者...

吧吧吧哇哇哇



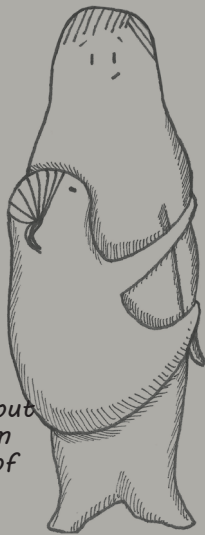
Your child may feel sad angry anxious, guilty or be easily embarrassed They may not be able to pay attention at school, or ...

...他们可能会尝试表现得更好。



they may try to be extra good.

他们可能担心与你分离，害怕新事物和新情况。



They may worry about being separated from you, and be afraid of new things and situations.

保持生活常规

Keeping to a routine

你可以这样帮助孩子：

Support your children by:

告诉孩子们你外观上的任何变化或谁在照顾他们

Preparing them for changes that might happen to your appearance or changes to who is looking after them.

与孩子们的老师交谈

Talking to their teachers

支持

SUPPORT

让他们参与家务。

Include them in jobs round the house

安慰他们并非所有癌症病人都会死亡。

Assure them that not everyone with cancer dies

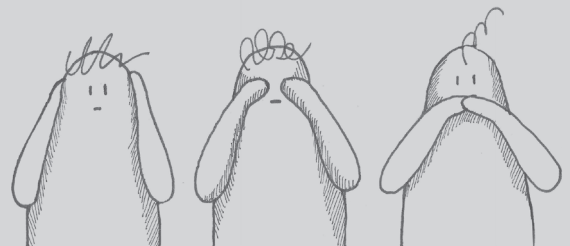
年龄较大的孩子可能与较小的孩子有类似的恐惧感。青少年会出现各种各样的情绪，可能需要自己的时间和空间。朋友将是他们获得支持的重要来源。

青少年



Older children may have similar fears to younger children. They will feel a range of emotions and may need time and space to themselves. Their friends will be an important source of support.

青少年可能会表现出好像不相信这个事实，这种表现可能会使你忧虑，但对于他们来说可能是一个很好的应对机制。青少年可能会有挣扎，想获得更多独立空间，但又为此感到内疚。



They may behave as if they are in denial, which may be upsetting to you, but can be a good coping mechanism for them. Teenagers may struggle with wanting more independence, but feel guilty about doing so.

你可以这样帮助较大的孩子:

Support older children by:

给他们留出空间

Giving them space

建议他们是否愿意下次陪你一起就诊

Offer a trip to the hospital with you

鼓励他们去见朋友

Encouraging them to see their friends

倾听他们的疑问和烦恼

Being there for their questions and worries

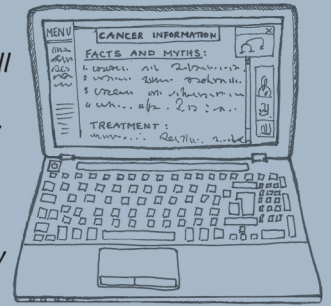
保持家庭常规

Keeping house rules

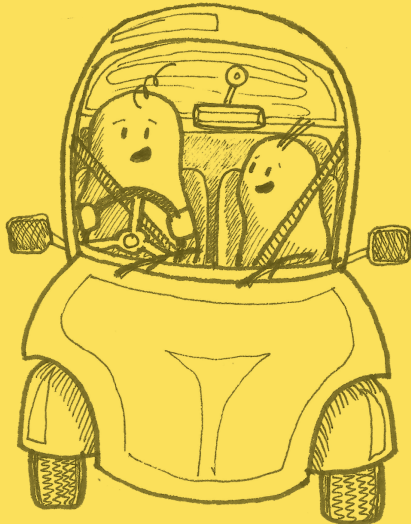


较大的孩子会上互联网获取信息。提醒他们所阅读的信息并非都是正确的。建议他们浏览一些可靠的网站。

... Older children will get information from online sources. remind them that not all information they read will be true. Suggest a few reliable websites.

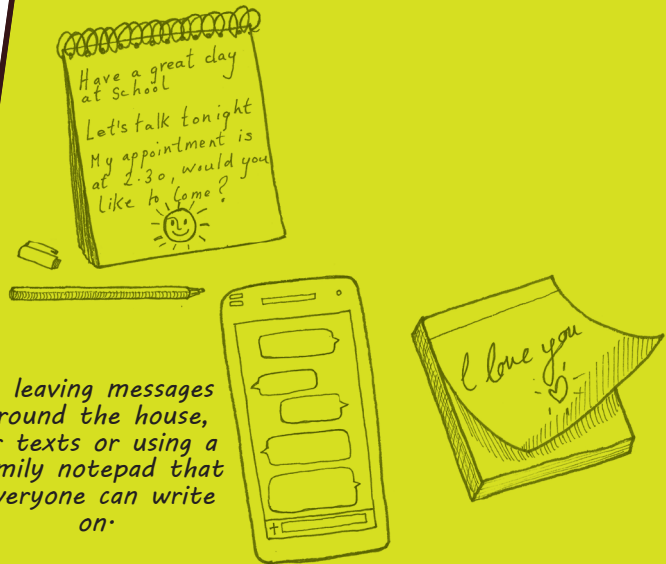


尝试不同的交流方式，例如在车上聊天或...



Try different ways to communicate, like talking in the car or...

...在家里留言、文字性信息或使用每个人都可以用的家庭记事本。



... leaving messages around the house, or texts or using a family notepad that everyone can write on.

如果孩子们获得支持，他们就会善于应对，并觉得你对他们坦诚。社会上有资源可协助你和家人。我们知道向孩子坦白你的病情是很困难，但这样做对他们是很有帮助的。



Children are good at coping if supported and feel that you are being honest with them. There is support out there for both you and your family. We know it's hard but we think it will be really helpful to tell your children about your cancer.



如果需要更多建议，请咨询你的护士。他们能够帮助你。

If you feel you need more advice, do talk to your nurse.

更多支持和资源

Further Support and Resources

网站

- <http://cacaca.org.uk>
- 英国癌症研究：www.cancerhelp.org.uk
- 麦美伦癌症支援网站：www.macmillan.org.uk
- 青少年 Riprap 网站：www.riprap.org.uk
- 果蝇收集网站 / 家长：www.fruitflycollective.com/parents
- 温斯顿的愿望：www.winstonswish.org.uk

Websites

- Chinese Association For Cancer Care: <http://cacaca.org.uk/>
- Cancer Research UK: www.cancerhelp.org.uk
- Macmillan Cancer Support www.macmillan.org.uk
- Riprap for teenagers: www.riprap.org.uk
- Fruit Fly Collective: www.fruitflycollective.com/parents
- Winston's Wish: www.winstonswish.org.uk

困难的字

Difficult Words

麻醉剂

一种使人入睡的药物，令病人在手术过程中不会感到任何疼痛。

Anaesthetic

A medicine that makes someone go to sleep so they don't feel any pain when they have an operation.

良性

不是癌症，是身体的肿块，并不危险。

Benign

Not cancer. A bump or lump on the body that isn't dangerous.

取活组织 / 活检

医生检查病人体内的细胞，以确定是否癌症。

Biopsy

When the doctor looks at cells in the body to see if they're cancer or not.

血球计数

一项血液检查，以找出血液是否健康。

Blood count

A test that checks how healthy the blood is.

癌症

癌症是当异常细胞阻止健康细胞的正常运作，可能形成肿块，或引发血液问题，也可能在体内扩散。有超过 200 多种的不同类型的癌症

Cancer

Cancer is when misbehaving cells stop healthy cells from doing their job. The misbehaving cells can grow into a lump or can cause problems in the blood. They can spread around the body too. There are over 200 different types of cancers.

细胞

人体由数以亿计称为细胞的微小物质组成，每个细胞发挥自己的功能，使身体保持正常运作和健康。

Cells

The body is made up of billions of tiny things called cells, and each has a job to make your body work and stay healthy.

化学疗法 / 化疗

破坏癌细胞的强效药物。

Chemotherapy

Strong medicine that destroys cancer cells.

PET Scan 正电子扫描 **CT Scan** 电脑断层扫描 **MRI Scan** 磁力共振扫描
不同的测试提供图片 让医生查看病人体内的状况。

PET scan | CT scan | MRI scan

Different tests that makes pictures for doctors to be able to see what's happening inside someone's body.

诊断
医生判断病因。

Diagnosis

When the doctor works out what is making someone sick.

免疫系统

这是人体的系统，消除病菌以保持身体有良好的状态。如果病了，免疫系统可以抵抗疾病。

Immune system

The part of the body that helps someone stay well by getting rid of germs inside the body. It fights illness if somebody does get sick.

静脉注射

将针咀插入静脉（在人体内血液流动的地方）。

Intravenous (IV)

Putting a needle into a vein (where blood flows in the body).

恶性

癌症的另一种说法，是异常的细胞或肿块。

Malignant

Another way of saying cancer. Cells or lumps that are misbehaving.

癌细胞转移 / 扩散

当异常癌细胞转移到身体的其它部分

Metastasis

When the misbehaving cancer cells have traveled to another part of the body.

恶心

好想呕吐

Nausea

Feeling sick

肿瘤科

癌症的医学术语

Oncology

Medical term for cancer

舒缓治疗

当医生无法阻止癌症恶化，但用药物令病人较为舒服和减低痛楚的治疗方式。

Palliative treatment

When the doctors can't stop the cancer from growing, but give the person medicine to make them feel better and stop the pain.

预后

预测癌症病人的康复机会，和治疗后的可能情况。

Prognosis

What is likely to happen when someone has cancer, especially their chance of getting better and what might happen after treatment.

放射疗法

用一种肉眼看不见的X射线进入人体杀死癌细胞。

Radiotherapy

Invisible beams called x-rays that go into the body to kill cancer cells.

副作用

治疗癌细胞的同时，也可能影响健康细胞的正常代谢，所引起的身体不适，例如疲劳、生病或脱发

Side effects

Treatment can stop healthy cells from working, as well as cancer cells. This can cause problems, such as tiredness, feeling sick or losing hair.

手術

由外科医生施行的手术，切除受癌症影響的身體部位。

Surgery

An operation by a surgeon who removes the part of the body affected by cancer

症狀

因疾病引起的身體變化，例如疼痛，壓痛，皮疹，胃痛等。這些症狀可以幫助醫生找出問題所在

Symptoms

Changes in the body caused by an illness, such as pain, tenderness, rash, stomach-ache etc. These help the doctor work out what is wrong.

腫瘤

身體內不應該存在的腫塊。

Tumour

A lump in the body that shouldn't be there.

Ultrasound

A scan that uses sound to create a picture of the body. It helps show where and how big a tumour is.

超音波

此種掃描使用聲音來創建身體的圖像，可以顯示腫瘤的位置和大小。

回答儿童提出的癌症相关问题

Answering Children's Questions about Cancer

1. 什么是癌症？

身体由细胞组成，细胞使人体保持正常运作。细胞是非常细小，需要显微镜才能看到。

癌细胞是细胞的内部指令受到破坏，不受身体控制，并且自行复制更多细胞，所以形成肿块、肿瘤或不同形式。超过 200 多种不同种类的癌症，因为癌症能影响人体内任何类型的细胞（人体内有许许多多不同类型的细胞）。

What is cancer?

The body is made up of cells. Cells make our bodies work. They are so tiny that you need a microscope to see them. Cancer cells don't look or act like normal cells. They don't allow our normal, healthy cells to work properly. They can grow very fast and spread. Cancer cells may group together to form a tumour. There are many different types of cancer, and cancer can grow anywhere in the body.

2. 怎会患上癌症？

对于癌症的形成和病因，我们仍然有很多不知道的。可能是化学物质、空气污染（烟）、某些病毒、体内体外的某些物质引起。大多数情况下，癌症是偶发性的，意味着癌症病人无法采取任何措施预防自己罹患癌症。

How do you get cancer?

There is still a lot we don't know about how cancer begins and what causes it. Sometimes cancer can be caused by chemicals, air pollution (smoke), certain viruses, and other things both inside and outside the body.

3. 血癌和乳腺癌有什么区别？

人体是由细胞组成，所以癌细胞可以在人体的任何地方生长。血癌是病人的血液中有癌细胞，乳腺癌是病人的乳房有癌细胞。

What is the difference between a blood cancer and breast cancer?

Cancer cells can grow anywhere in the body as the whole body is made up of cells. A blood cancer means the person has cancer cells in their blood and breast cancer means somebody has cancer cells in their breast. All cancers share some characteristics, like uncontrolled growth, but the way a cancer behaves, for example how fast it grows, will differ between each cancer type.

4. 为什么有些人会罹患癌症？

一般情况下，医生并不知道病人为什么会患上癌症。未能知道全部癌症的病因是很难接受的事实，但我们真的没有答案。儿童癌症是比较罕见的。

Why do some people get cancer?

Most of the time, the doctors do not know why someone gets cancer. It's hard having not all of the answers, but the truth is we don't.

5. 你会患癌症吗？

不同于感冒或水痘，癌症并不会传染。你可以靠近患有癌症的人，无需担心会被传染。

Can you catch cancer?

Cancer is not something that you can catch from someone else, like you can a cold or chicken pox. You can be close to the person who has cancer and not worry about catching it.

6.我做了致癌的事情吗？

不会，任何人的行为、言词或想法都不会导致别人患癌。

Did I do something that caused the cancer?

No. Nothing that anyone does, say or thinks can cause cancer in someone else.

7.癌症治疗需要多长时间？

这将取决于癌症的类型、严重程度以及需要多少治疗。有些人只需要一次手术就可以治愈，而另一些人可能需要一年或更长的时间治疗。

How long does cancer treatment take?

The time it takes to treat someone with cancer will depend on what type of cancer it is, how serious it is, and how much treatment they need.

8.什么是化学疗法 / 化疗？

用强效药物来破坏癌细胞，通常使用静脉注射或口服片剂。化疗是「周期性」进行的，例如病人接受了一周的化疗，休息一段时间后，再接受更多的化疗药物。

What is chemotherapy?

Sometimes people take medicine called chemotherapy. It uses special kinds of chemicals to destroy cancer cells. It is usually given through a needle inserted into a vein. Your mum or dad will have 'rounds' or 'cycles' of chemotherapy which means they will be given the medicine one week and left to rest for a while before they have more medicine.

9.什么是放射疗法？

使用眼睛看不见的强效能量射线，照射在有癌细胞存在的身体部位，达到破坏癌细胞的目的。

What is radiotherapy?

Sometimes people have radiation therapy, or radiotherapy, to help get rid of cancer cells. It is done with a special machine that is made just for cancer treatment. The radiation (powerful energy rays) is given only to the area of the body where the cancer is. It doesn't hurt.

10.什么是“副作用”？

「副作用」是不想要的癌症治疗果效，因为健康细胞和癌细胞都受到损害，包括脱发、口腔溃疡、感到恶心、疲倦和体重下降。治疗完成后，大多数副作用都会消失。癌症药物需要非常强大的药效才能发挥作用，但会引起许多副作用，使病人感觉到外表和身体内部都出现非常不好的状态，这不是意味着癌症在恶化。

What are 'side-effects'?

Side effects of cancer treatment happen because the treatment damages healthy cells as well as killing the cancer cells. You will be able to see some of the side effects such as: hair falling out, scars from surgery, mouth sores and weight loss. Other side effects can't be seen such as: feeling tired, feeling sick, wanting to rest more, not being able to play, feeling weepy and a bit bad tempered. After your mum or dad has finished with all of their treatments, these things will go away.