



## Childcare Resources

Online version with active resource links at: <http://cancer-help.me/childcare>

### Caring for Children During Cancer

Cancer and treatment may affect how you feel and what you are capable or not capable of doing. You may not be able to or feel well enough to care for children like you did before having cancer. Some days will be better than others.

Being a parent while living with cancer is often physically and emotionally exhausting. You may wonder how you can cope with a cancer diagnosis while caring for your family and yourself. Start by reconsidering your schedule and to-do list. Asking others for help when you need it allows you to spend less time worrying and more time caring for yourself.

Content adapted from websites below.

### Seeking Support From Family, Friends and Your Community

Using your answers to the below questions may help you to find resources for children you care for and at the time care is needed.

- Will childcare be a barrier at any point during your cancer treatment? Knowing how you might be affected by your treatment will help to inform you of your ability to care or not care for children.
- Do you feel you need support to address the childcare concern today?
- What stands in the way of you (or your family) getting childcare now? Financial? Other?
- Do you have friends or family in the community?
- Are you affiliated with a local spiritual/faith community or other community organization?

### Steps you can take that may be useful to you and/or your family:

- Have a discussion with a social worker, child life specialist, patient advocate, patient navigator, or nurse at your treatment site to review options and make a plan for action.
- Discuss this concern with family members, friends and neighbors.
- Discuss this concern with a representative from the school/daycare who may be able to offer assistance or resources.
- What has worked in the past when you needed childcare? Is that option available?
- Who usually takes care of your children when you have a childcare need? Can you ask more of them?
- Talk with your partner/spouse about parenting responsibilities and what may need to change.
- Investigate possible options within your or your partner's Employee Assistance Program through the employer.

### Local Organizations providing support for anyone impacted by cancer:

Cancer Wellness Center	Northern Suburbs	<a href="http://Cancerwellness.org">Cancerwellness.org</a>	847-509-9595	Programas en Español
Gilda's Club Chicago	Chicago	<a href="http://Gildasclubchicago.org">Gildasclubchicago.org</a>	312-464-9900	Programas en Español
Living Well Cancer Resource Center	Far West Suburbs	<a href="http://Livingwellcrc.org">Livingwellcrc.org</a>	630-262-1111	
The Cancer Support Center	South Suburbs	<a href="http://CancerSupportCenter.org">CancerSupportCenter.org</a>	708-798-9171	
Wellness House in Chicago	Northwest & West Suburbs	<a href="http://Wellnesshouse.org">Wellnesshouse.org</a>	630-323-5150	

Access an interactive map of these local resources at: <http://cancer-help.me/communitycancerresourcecenters>

### Resources for Additional Information:

- [American Cancer Society](http://AmericanCancerSociety.org) (800) 227-2345
- [ASCO Cancer.Net, Parenting While Living With Cancer](http://ASCO.org)
- [Illinois Department of Human Services, Child Care Assistance Program \(CCAP\)](http://IllinoisDepartmentofHumanServices.org)
- [Illinois Department of Human Services, Temporary Services for Needy Families \(TANF\)](http://IllinoisDepartmentofHumanServices.org)
- [Illinois Department of Human Services, Cash](http://IllinoisDepartmentofHumanServices.org)
- [CancerCare.org, Financial and Co-Pay Assistance](http://CancerCare.org)

- [American Cancer Society, Programs and Resources to Help With Cancer-related Expenses](http://AmericanCancerSociety.org)
- [CFAC, Cancer Financial Assistance Coalition](http://CFAC.org)

### Child Care w/ cost:

- [Care.com](http://Care.com)
- [Sittercity](http://Sittercity.com)
- [MoniCare](http://MoniCare.com)

### Recursos en Español:

- [American Cancer Society, ¿Cómo pueden los familiares y amigos ayudar a mis hijos?](http://AmericanCancerSociety.org)