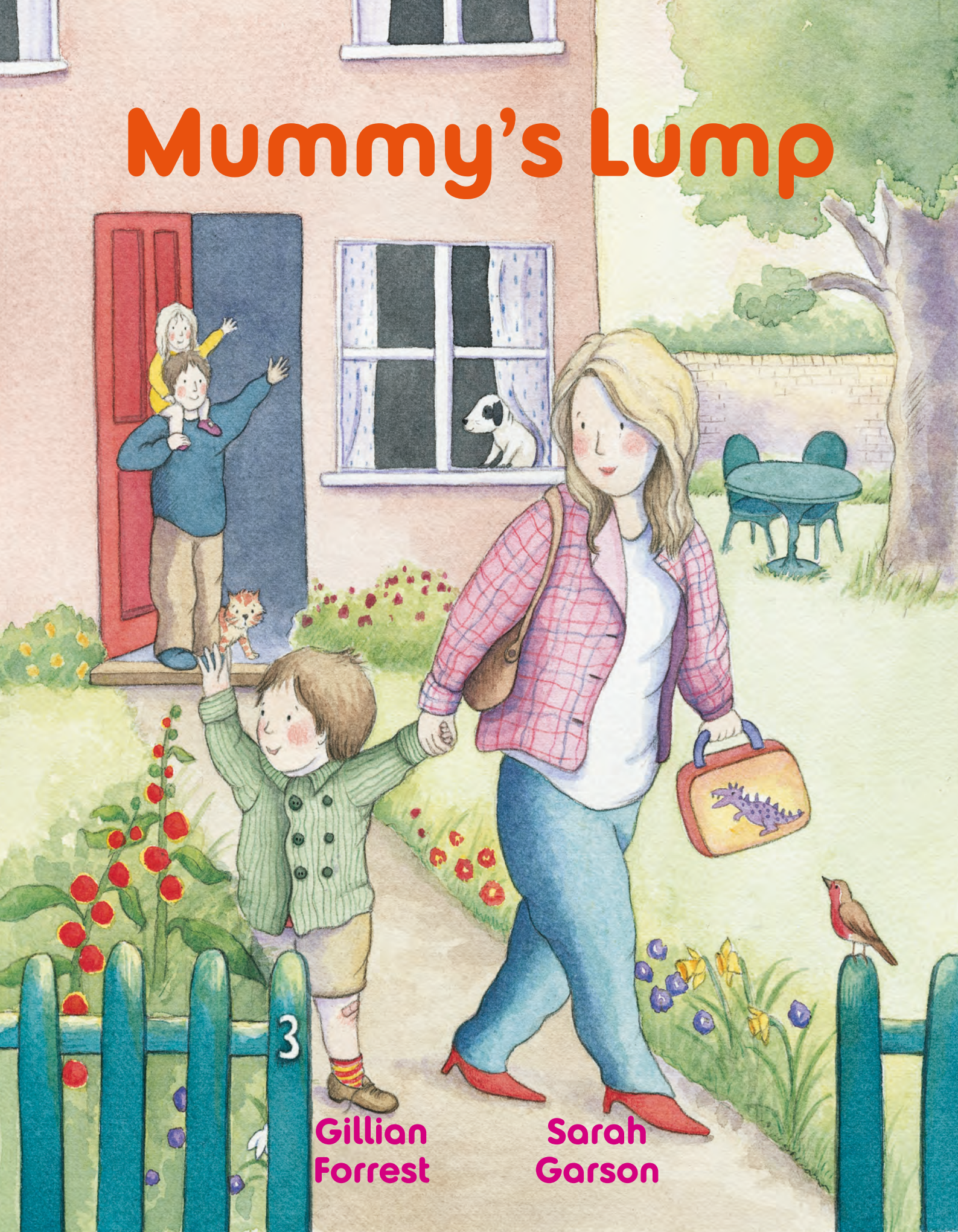


Mummy's Lump



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Gillian
Forrest

Sarah
Garson

Breast Cancer Care is the only UK-wide charity providing specialist support and tailored information for anyone affected by breast cancer.

Our clinical expertise and emotional support network help thousands of people find a way to live with, through and beyond breast cancer.

Visit www.breastcancercare.org.uk or call our free Helpline on **0808 800 6000** (Text Relay 18001).



Mummy's Lump

by Gillian Forrest

Illustrations by Sarah Garson





Acknowledgement

We are grateful to the Ashley Charitable Trust for funding the research on which this book is based and contributing to its production. The research was conducted by the University of Oxford.

Dear parents and carers

We have produced this book to help you explain to young children about early breast cancer and its treatment. This is bound to be a very worrying time for you, and even very young children are aware of the upset that a serious illness in the family causes. They are often confused about what is happening, and it can be difficult to know how much or how little to tell them.

Mummy's Lump uses simple words and pictures to help explain to children what happens from the time of diagnosis to the end of treatment. We have tried as far as possible to make this book look and feel like any other book you would find on your children's bookshelf, and which you read to them.

We suggest you replace any words in the text with words which will be familiar to your own child, (for example, 'booby' for breast) and skip over any treatment that does not apply to you. You may find that your child will ask more questions about your treatment, and if you feel you need guidance with these, ask your breast care nurse for help or contact Breast Cancer Care on 0808 800 6000 (Text Relay 18001).

To get the best from this book we would recommend reading it in conjunction with Breast Cancer Care's **Talking with your children about breast cancer** booklet. This explains what young children can understand about a serious illness like cancer and features case studies from families who have been in this difficult situation.

We do hope your children will be able to identify with Jack, Elly and their family.

Best wishes

Gillian Forrest and Breast Cancer Care



Jack and Elly live with their Mummy and Daddy, a dog called Boris and a cat called Flossy. Jack goes to nursery school every day.



3

One day, Mummy found a lump in her breast.
She went to the doctor.

The doctor said it is a bad lump. It is called
breast cancer.



No one knows why she has got it. You can't catch cancer from someone else like a cold or chicken pox.



It isn't anybody's fault. Cancer doesn't come because you have been naughty or cross with someone.





Mummy is sad. Daddy is worried.

The doctor said Mummy must go to hospital to have an operation to take away the bad lump; otherwise it could grow bigger and make her very poorly.

Daddy takes Mummy to the hospital. She has to stay in hospital for a few days.

When she has her operation they give her a special sleep called an anaesthetic so it doesn't hurt when the doctors take the lump away.

The nurses take good care of her.



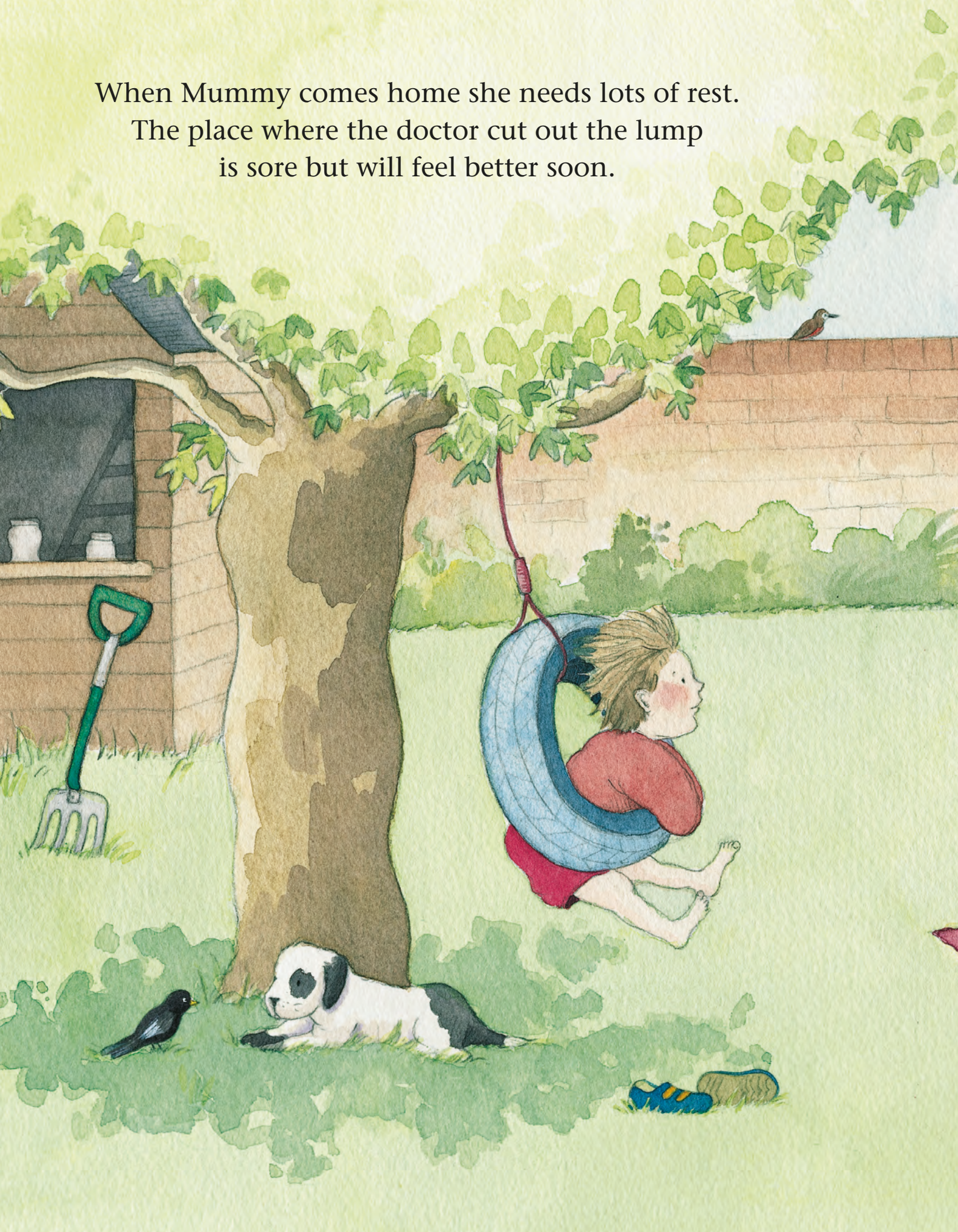


After the operation, when Mummy isn't sleepy any more, Daddy takes Jack and Elly to visit her. They bring her a picture and a card they have made. That helps her feel a lot better.

While Mummy is away,
Daddy helps the children get dressed
and takes them to playgroup and nursery.
He cooks the dinner and does all the washing.



When Mummy comes home she needs lots of rest.
The place where the doctor cut out the lump
is sore but will feel better soon.



Daddy and Mummy are still worried in case the lump grows back again.

Sometimes Daddy gets cross when he is worried or sad.





The doctor says Mummy must now have some very strong medicine called chemotherapy to stop the lump coming back. It is not like any ordinary medicine you have at home.

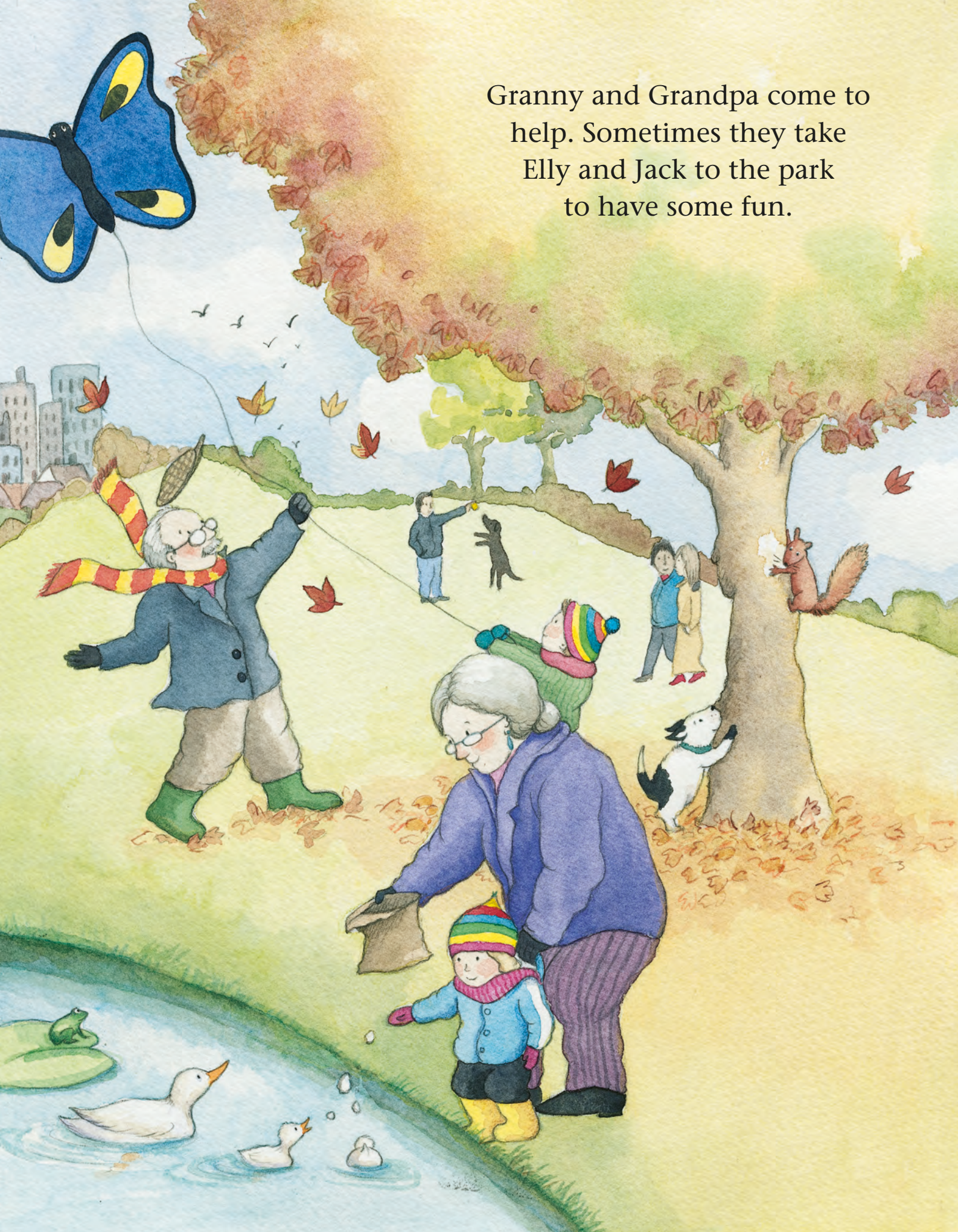
Mummy goes to the hospital for the strong medicine every few weeks. It makes her feel sick and tired, and she doesn't want to play much.

Sometimes it makes her cross and down in the dumps but she still likes a cuddle with Jack and Elly.

It also makes her hair fall out, so Mummy wears a wig. Sometimes she wears a pretty scarf called a bandana. Her own hair will grow back again after she has stopped having the strong medicine.



Granny and Grandpa come to help. Sometimes they take Elly and Jack to the park to have some fun.





Now Mummy has to have some radiotherapy. This is a special kind of x-ray that kills any little bits of the bad lump that are still there. It doesn't hurt the good parts.

Mummy goes to the hospital every day for her radiotherapy. It makes her skin feel a bit sore and she's tired, but after a few weeks she's better.

At last Mummy's treatment is finished. The doctor will see Mummy every so often to check that the bad lump hasn't come back.



Everyone feels much happier.



For all breast cancer or breast health concerns call Breast Cancer Care free on **0808 800 6000** (Text Relay 18001) or visit www.breastcancercare.org.uk

Central Office

Breast Cancer Care
5–13 Great Suffolk Street
London SE1 0NS
Phone: 0345 092 0800
Email: info@breastcancercare.org.uk

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When Jack and Elly's mummy gets breast cancer it is difficult for them to understand what is happening. Mummy's Lump is a reassuring story, told in a familiar way for young children and is suitable for any family who needs to talk about a difficult subject like cancer. It covers diagnosis, going into hospital, treatments and hair loss.

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