



## How to accept help

Friends and family will want to help – say YES! Especially for help with meals, driving your other children to and from activities and cleaning or gardening chores at home. Clinic visits are often 3 - 4 days a week for the first few months and unplanned in-patient stays are common. Plan for the unexpected.

**Lotsahelpinghands.com** is a great FREE website where people can sign up for tasks on a common calendar.

*“Our neighbors were very kind and came over shortly after our daughter was diagnosed and asked what they could do to help. I said, “I have no idea.” Ultimately they organized a system to bring dinner to our house for our family on the clinic day. It was really wonderful to come home and have a home cooked meal waiting for us.”*

*“Accept help when it is offered. People wanted to do something so a friend set up a meal delivery for us three days/week. Another got us a housekeeper for the 6 months of treatment so I didn't have to worry about cleaning either. Let them mow your grass, do the shopping - whatever you can't/don't want to do.”*

*“We had an incredible outpouring of kindness from our community. This occurred because our child was of school age and the school sent home a flyer to every family telling them about our son's diagnosis. It was a mixed blessing. There was a great deal of kindness and generosity but within a very short period of time we became uncomfortable with receiving so many gifts. We came up with the idea of borrowing videos and DVDs. In this way our son could pass the time with a movie he had not seen, people could feel as though they were helping and no one incurred any expense. After we watched the movie a few times we would return it.”*

*“Looking back at those first few months after diagnosis, I found some of the offers of help or ‘words of comfort’ offensive or incredibly insensitive. Now that it has been over three years, I realize that I was just so raw and hurting in those early days that I was overly sensitive. If someone says or does something that hurts you give it some time. You may feel differently about it as the months pass.”*



## Parent Tips

*“The offers for help kept pouring in the first week, but we were so overwhelmed we didn’t even know what help we would need. Designate a point-person for help, such as a close friend or family member. I would say, “Yes I know I need help, but can’t think clearly right now. Please contact my sister. She knows what I need.” And then she would organize meals, etc.”*