

Social/Emotional Needs

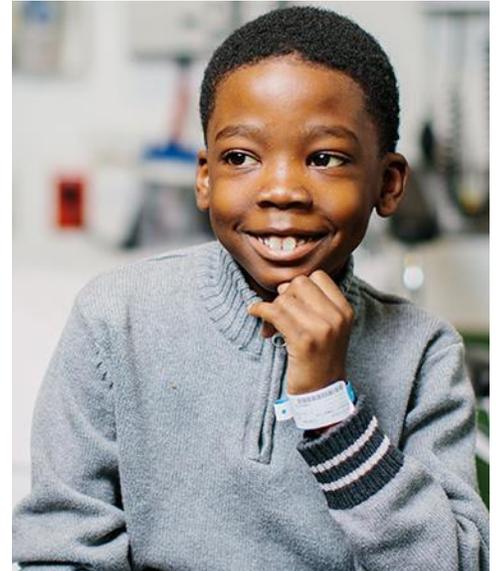


Children and teenagers experience a wide range of emotions when experiencing new elements of their diagnosis and/or hospitalization. These may include, but are not limited to:

- Anxiety
- Depression
- Anger
- Stress of missing school
- Body image
- Learning new coping skills

Returning to school after a new diagnosis and/or hospitalization can exasperate these emotions among students. It can also create new feelings of anxiety and stress around how to navigate catching up with classes, what to say to peers and teachers and how to cope with any physical changes they are experiencing. Some children/adolescents may refuse to go back to school, some maybe cannot wait to be back into their daily routine and some are likely in between. Some steps to help ease the transition include:

- Make a plan — practice with your child what they will say to peers and teachers about why they missed school, how they might explain any physical changes they have and set expectations for any accommodations/modifications that have been made to their day.
- Take the first step — help your child understand that the longer he/she is out, the harder it will be to go back. After they take the first step, it is likely to get easier each day and a new routine will be established.
- Celebrate the victories at school (no matter how small) and leave the door open for your child to share their difficulties and/or frustrations. Stay in communication with the school and let them know that some things may need to be problem-solved as you and your child navigate the school day with a new diagnosis or return from a hospitalization.



For additional resources, please visit:

cancer.org/treatment/children-and-cancer/when-your-child-has-cancer/returning-to-school.html

bethematch.org/for-patients-and-families/children-and-transplant/returning-home-after-transplant/returning-to-school/