



# 30 PRACTICAL THINGS YOU CAN DO TO HELP THE FAMILY OF A CHILD WITH CANCER



It can be hard to know how to help someone you care about when their child is being treated for cancer. Offering the right help can make all the difference. To make it easier, we've collated 30 specific actionable tasks to help you take the lead and provide meaningful support to families facing childhood cancer.

## CHILDREN

- Organise a play date with siblings
- Offer to pick up siblings to or from school
- Offer to help or organise extra help with homework
- Offer to help on the weekends or to mind their children
- Offer to help with before or after school activities
- Be the messenger (if agreed by parent) and update the school community on the child's progress so it's one less thing the parent needs to do

## FOOD

- Offer to arrange siblings packed lunches or snacks
- Help manage an online food order for the household
- Ask what their favourite meals are and offer to cook it for them
- Offer to do some grocery shopping or pick up household items they need (multiple times)
- Make a care basket with basic household needs that every house needs like toilet paper and basic food items like pasta sauces or lunch ingredients

## SOCIAL

- Offer to take them out for a coffee, a walk, a movie
- Offer to take another family member out for a coffee, a walk, a movie
- Send a check-in message (when you don't know what to say, an emoji can do the talking)
- Offer to stop in and be a listening ear
- Offer to be a distraction



## HOME

- Tidy the house
- Help with the laundry
- Offer to make the beds
- Mow the lawn or help arrange someone who can
- Take the bins out or help arrange someone who can
- Tidy the garden or help arrange someone who can



## MEDICAL

- Offer to come to an appointment
- Offer to pick up or drop them off to an appointment
- Ask if they need groceries or meals delivered to the hospital
- Ask if they need anything from home brought to the hospital  
e.g. clothing, toys, blankets or electronics
- Offer to come and sit with them in the hospital (if permitted) or to stop in for a coffee



## PETS

- Offer to walk or feed pets
- Offer to take pets to vet appointment or ask if they have upcoming appointments
- Offer to mind the pets if you can, either at your house or theirs
- Offer to organise regular grooming for pets

## KITECREW APP

Redkite's task management app, KiteCrew, is a great way to provide more meaningful support to a family whose child has cancer. Simply invite a crew of helpers and input tasks for them to take care of, like transport, meals, help with the kids, social visits, or grocery shopping. Designed by health professionals, KiteCrew turns offers of 'let me know what I can do' into actionable tasks.

Learn more at:  
[redkite.org.au/app](https://redkite.org.au/app)

