

THE SUPERHEROES OF CANCER!

ZAP

BOOM!

WHOOSH!

POW!

KAPOW!

By: KATE FROST

THE SUPERHEROES OF CANCER!



When discussing cancer with children, there are lots of new words they might hear. This book helps explain the terms and the people involved in the treatment of cancer.

By: KATE FROST

*For Nelly and Finlay, my own superheroes.
And for Ryan, the first superhero I ever met.*

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If someone you love, especially your mum or dad, is told they have cancer, it can create a lot of changes in your life.

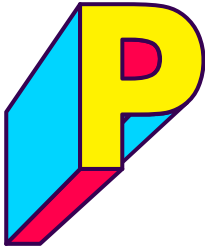
You might hear words that you are unsure of. The person may look a little bit different than usual. You may not know quite how to feel.

All of these things are ok.



One important thing that happens though, is that you become a superhero. Your parents become superheroes. Lots of people in your community become superheroes. We can call these people the **Superheroes of Cancer!**





Parents are superheroes of cancer.

If your parent is diagnosed with cancer, it is the beginning of a long battle. The battle takes a lot of energy and strength to fight. Parents will do everything they can to come out as winners of the battle, but sometimes they may feel like they are losing. Some days they may feel really tired, sick, achy, but other days they may feel fine and have lots of energy to do things with you.



Your parent may start to look a little bit different, like if they lose their hair or have a new scar from an operation, but they are still the same person...your mum or dad. Your parent may face different challenges each day but they will never forget what they are fighting for...more time to spend with you.

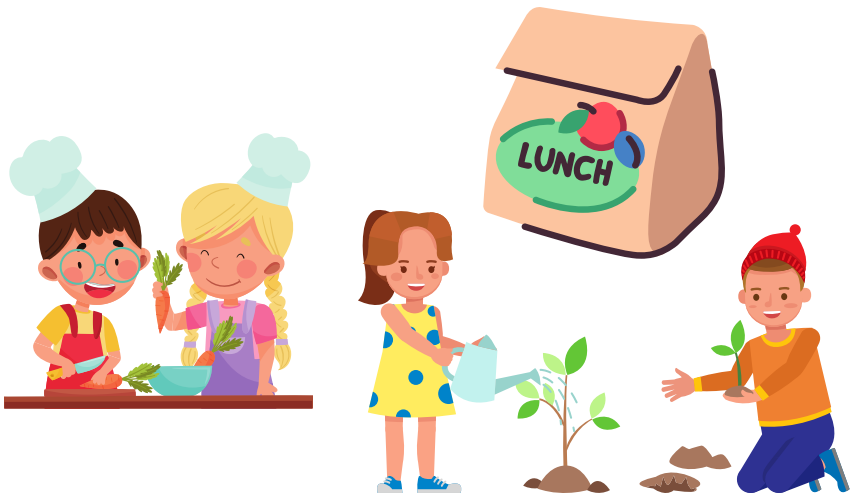


Parents will always try their hardest to kick cancer's butt and that's what makes them superheroes of cancer.



Families are superheroes of cancer.

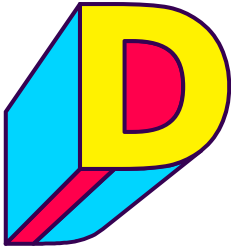
When someone is diagnosed with cancer, their family become their greatest support and help. Families might have to do extra chores around the house, organise weekly schedules or just know when to give someone else some space and time. They may need to help make lunches and dinners, do school drop offs and pick ups, go to doctors' appointments and maybe even help with cleaning or mowing the lawn.



Every family will have different needs but every family will pull together to do what's needed to help.



Families will always try their hardest to help their loved one kick cancer's butt and that's what makes them superheroes of cancer.



Doctors are superheroes of cancer.

The first person your parent might go and see when they are not feeling well is a doctor. The doctor will listen to your parent and ask questions about their symptoms. From the answers to all these questions, the doctor will work out whether further tests need to be done. The tests might include x-rays, ultrasounds and other various scans. The results will help the doctor work out what is going on inside your parent's body.



Once the doctor works out the problem, they can then start to find the right people to send your parent to, so they can get the specialist help needed.



Doctors will always try their hardest to help their patients kick cancer's butt and that's what makes them superheroes of cancer.



Surgeons are superheroes of cancer.

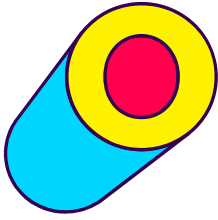
A person with cancer may have to see a surgeon to help them. A surgeon is a special doctor that can perform operations on the patient. The operation might be to remove a tumour (a lump of bad cells) or to reconstruct something that is not working properly. A surgeon will talk to the patient and discuss what is best for them with their treatment.



A surgeon will always check on the patient after the operation, to make sure they are feeling ok and to see what care they need next.



Surgeons will always try their hardest to help their patients kick cancer's butt and that's what makes them superheroes of cancer.

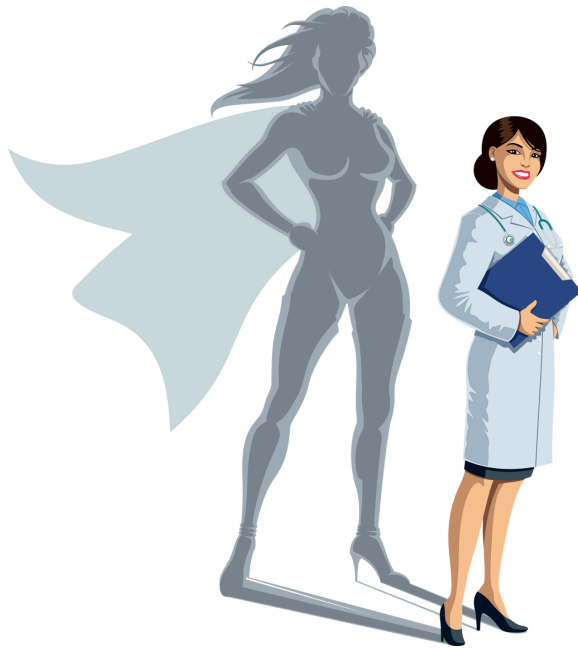


ncologists are superheroes of cancer.

When someone has cancer, they may go and see an oncologist. The oncologist is a special doctor that helps the patient create a plan to treat the cancer the best way they know how. Sometimes this might involve working out the best chemotherapy to use, the best medicines to help them reduce a tumour or knowing what to give the patient to help with any side effects they may have.



The oncologist will ask the patient how they are feeling after each round of chemo and will change things if needed, to make the patient more comfortable.



Oncologists will always try their hardest to help their patients kick cancer's butt and that's what makes them superheroes of cancer.



nurses are superheroes of cancer.

If your parent has to stay in hospital overnight, or sometimes longer, nurses will be the people looking after them. Nurses do regular observations on their patients, like blood pressure and pain levels, and they make sure the patients are always comfortable. Nurses work in shifts, so your parent might have different nurses looking after them while they are in hospital.



If your parent needs help in hospital, all they have to do is press a button and a nurse will come and help them. Your parents are always in very good care with the nurses.



Nurses will always try their hardest to help their patients kick cancer's butt and that's what makes them superheroes of cancer.



Friends are superheroes of cancer.

Your parents' friends will want to help your family in whatever way they can. They might offer to make some meals, do some house cleaning or gardening, or even take you on days out to have some fun. It might feel a bit strange sometimes to have lots of people popping in to check on you and your family but lots of people will just want to help in some way.



Your friends will listen to you if you want to talk about anything, but they will also help things to feel normal for you.



Friends will always try their hardest to help their friends kick cancer's butt and that's what makes them superheroes of cancer.



**Researchers are
superheroes of cancer.**

Researchers are special scientists who study diseases, like cancer, and try to find the best way to fight them. They spend lots of time looking through microscopes at the bad cells and try lots of different things to make the bad cells disappear. When they find something that works, they will try it lots of times to make sure and then ask some people to try it too. This is how the treatments that your parent receives have been discovered.



Researchers are trying new things all the time and treatments for cancer are improving all the time because of them.



Researchers will always try their hardest to help find better ways for patients to kick cancer's butt and that's what makes them superheroes of cancer.



Fundraisers are superheroes of cancer.

When someone has cancer they may need to reach out to groups or organisations that offer different services to help their family. Some of these organisations can provide fun days out for the family, transport to appointments, counselling services or even cleaning and gardening services. These organisations can not offer these services without raising money. Fundraisers are the people who help raise money for the groups that provide the services.



It takes a lot of planning to create successful fundraising events. Many groups would not be able to provide for cancer patients if it wasn't for people volunteering to raise money.



Fundraisers will always try their hardest to help provide money and services for patients to kick cancer's butt and that's what makes them superheroes of cancer.

Superheroes don't always wear capes and their underwear on the outside! Superheroes can be all around you, helping your loved one and lots of other people kick cancer's butt.

Remember...you are a superhero of cancer too, so get kicking!



"Superheroes don't always wear capes
and their underwear on the outside!
Superheroes can be all around you,
helping your loved one and lots of other
people kick cancer's butt."

A note from the author:

When I was diagnosed with breast cancer two years ago, one of the most difficult things I had to do was tell my own children. They soon heard a whole lot of medical terms, that sometimes sounded scary. I tried to find books that might make this easier for children to understand, but unfortunately there were none that really worked. With this in mind, I wrote my own book, "The Superheroes of Cancer".

For further support and information, please reach out to:

Camp Quality - www.campquality.org.au

Cancer Hub - www.cancerhub.org.au

Redkite - www.redkite.org.au

Cancer Council - www.cancercouncil.com.au

www.campquality.org.au/resources/kids-guide-to-cancer-app/

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