I am ready to talk to my child about the BRCA gene mutation

Yes

My checklist:

I have reviewed my own understanding of BRCA mutations

I have been to the BRCA 101 Seminar and/or spoken to a Genetic Counselor or other healthcare provider and have up to date information

I feel comfortable and confident that I have accurate facts about how BRCA may affect me and my family

As best I can, I feel emotionally prepared to handle my child’s reactions and questions

Emotional Support

Seeking support is normal for many people.
You may need more time.
This is not a talk you want to rush.
Think about reaching out to family, friends, and/or your healthcare team for additional support.

More Factual Information

That’s okay. What do you need to feel ready?

Maybe

Personal Readiness

You may need more time and practice.

TIP! Try practicing the talk with a family member, friend or member of your healthcare team (e.g. Social Worker).

Child’s Readiness

Assess what your child may already know.

Gather credible information from reputable sites (e.g. FORCE, National Society of Genetic Counselors or Bright Pink).

Talk to a healthcare provider (e.g. Genetic Counselor, Primary Care Provider).

Trust your intuition. You know your child best.

No

More Factual Information