

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

Yes

Maybe

No

My checklist:

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

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

Personal Readiness

Child's Readiness

More Factual Information

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.

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).

Assess what your child may already know.

Consider using developmentally appropriate activities to encourage communication.

Consider accessing supports available to your child (e.g. Teacher)

Trust your intuition. You know your child best.

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

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