

Talking to Your Support Circle

Simple starting points for sharing the news.

Before You Start:

- ☐ Decide how much detail feels right to share for now
- ☐ Pick one person to help spread updates, so you're not repeating yourself
- ☐ Remember, it's okay to say "I don't have all the answers yet"

Talking to Siblings:

- ☐ Use simple, honest, age-appropriate words
- ☐ Let them know their feelings, worry, jealousy, confusion, are all okay
- ☐ Give them a way to ask questions as they come up, not just once

Talking to Grandparents & Extended Family:

- ☐ Share what you know and be clear about what's still unfolding
- ☐ Let them know how they can help, specific tasks are easier than "anything you need"
- ☐ Set expectations for how and when you'll share updates

Talking to School or Work:

- ☐ Loop in one contact (teacher, HR, supervisor) rather than everyone at once
- ☐ Keep the first message short, details can follow later

Sample note: "Our family is managing a new medical diagnosis and may need some flexibility over the coming weeks. I'll keep you updated as we learn more."

Notes:
