

# HELPING AT HOME AND GOING TO SCHOOL AGE 7-11

Do you help someone at home?

You might be a young carer. A young carer is a child who helps support someone at home who needs extra help because of:

- illness
- disability
- mental health difficulties
- long-term health needs
- addiction
- difficulty managing daily life

Many children help someone at home. You are not the only one.

**Young carers have the Right to Dream.**



## Things young carers often do

Young carers might:

- help with cooking or cleaning
- help siblings get ready
- help someone move safely
- help someone remember medication
- help someone when they feel upset
- help translate or explain things
- help manage routines
- help keep someone safe
- worry about someone at home

Some young carers help every day.  
Some help sometimes.

Every caring role is different.

## How being a young carer can feel

You might feel:

- proud of helping
- worried about someone
- tired sometimes
- busy a lot
- different from friends
- unsure whether to talk about it

Sometimes young carers don't realise their situation has a name.  
Sometimes they think they have to manage alone. You do not have to manage alone.

## How school can help

School can help make things feel easier. Support might include:

- someone to talk to
- understanding if you feel tired
- help with homework
- a quiet space
- help staying included in activities
- support when things feel overwhelming
- someone checking in with you

Support looks different for everyone. You can help decide what would help you most.



## How school can help

Talking to someone at school

You could say:

- “I help someone at home”
- “Sometimes things feel difficult”
- “I feel worried about someone”
- “I think I might be a young carer”

You might talk to:

- a teacher
- a trusted adult
- a school nurse
- a young carers lead

You can talk when you feel ready.

## What happens next?

The adult you speak to will:

- listen
- take you seriously
- help you feel supported
- talk with you about what could help
- help you feel confident in school

You are still you. Being a young carer is only one part of your life.



## Remember

You deserve time to:

- learn
- have fun
- see friends
- feel proud of yourself
- dream about the future

Seen. Supported. Succeeding.  
Young carers have the Right to Dream.