

## HELPING AT HOME AND GOING TO SCHOOL AGE 5-7

Some children help someone at home.

They might help a parent, grandparent, brother, sister or someone else they care about.

Sometimes children help every day. Sometimes they help just a little bit.

If this sounds like you, you are not alone. There are lots of children who help someone at home.

School can help too.

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



## Who is a young carer?

A young carer is a child who helps someone at home who needs extra help.

This might be because someone is:

- unwell
- disabled
- feeling sad or worried
- finding things difficult
- needing extra support

Young carers are kind and helpful children. But helping a lot can sometimes feel hard.

## Things young carers might do

You might:

- help tidy up
- help make food
- help look after brothers or sisters
- help remind someone to take medicine
- help someone move safely
- help someone when they feel upset
- help translate or explain things
- worry about someone at home

You might do one of these things. You might do lots.

## How being a young carer can feel

Sometimes young carers feel:

- proud
- happy to help
- worried
- tired
- busy
- different from friends
- quiet about home
- unsure who to talk to

All of these feelings are okay. You are still a child. You still need time to:

- learn
- play
- laugh
- dream



## How school can help

School can:

- listen to you
- help when you feel worried
- give you time to talk
- help you feel calm
- help with learning
- help you stay included
- help you enjoy school

You do not have to explain everything all at once.

# Who can I talk to?

You could talk to:

- a teacher
- a teaching assistant
- a trusted adult
- a school nurse
- someone at home
- a young carers worker

You can say:

- “I help someone at home”
- “I feel worried sometimes”
- “I think I might be a young carer”
- “I would like some help”



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## Remember

Helping someone shows how kind you are. But your dreams matter too.

You can:

- have friends
- enjoy school
- learn new things
- have a future you are excited about

Seen. Supported. Succeeding.  
You still have the Right to Dream.