My child is a young carer







We hope this helps you to better understand and support your child as a Young Carer. Included are links to videos and more information

A guide for the parent/guardian of a young carer.
Written by the Young Carers service at Suffolk Family Carers.
All artwork provided by Young carers.

Suffolk Family Carers
Living Fuller Lives

Young Carers
Young Adult Carers

WHAT IS A YOUNG CARER?

A child or young person who has a caring role for a family member who has a physical disability, long term illness, mental health illness, substance dependency or additonal need



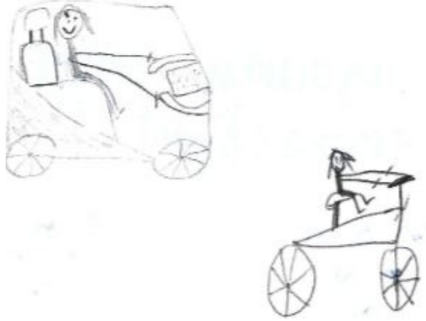
Some young carers help with tasks around the home; cooking cleaning, caring for a brother or sister

Other young carers can be impacted by the health needs/ illness of the familiy member. For example, worrying about the person they care for, feeling their family is ‘different’, feeling they are not able to do things other children do.

Click the names to hear some Young carer stories



Ariel



Sahana



Sofia

WHAT IS A YOUNG CARERS ASSESSMENT?

A young carer assessment helps the child to voice feelings, identify what help they may need and plan how to get the right help from the right people.

How do I request an assessment for my child?

Suffolk Family Carers

Suffolk County Council

WHO/WHAT IS A TRUSTED ADULT?

A ‘trusted adult’ is someone in the child's life who makes them feel safe and comfortable. Someone they are able to talk to, they enjoy being with and who acts in their best interests.

ACTIVITY

With your child, take turns answering the following questions.
Do you get any answers the same?
Name someone who...

- makes you laugh
- likes the same things as you
- you would talk to if you had a worry
- is a good listener
- you like to spend time with
- has good ideas
- makes you feel safe



THIS IS ME

You will need:
scissors, paper and pens:



Children need to know they are more than their caring role. That their caring role is very important but that they are encouraged to recognise who they are alongside this.

ACTIVITY

1) Cut out a person outline
2) On one side help your child to write/draw all the things that describes them, things they like, interests...
3) On the reverse, write/draw what they do as a young carer, how they make a difference to the family

A PEEK INTO THEIR WORLD

Spending time learning who/where/what is important to your child helps you to understand who else can help support them as a Young carer.

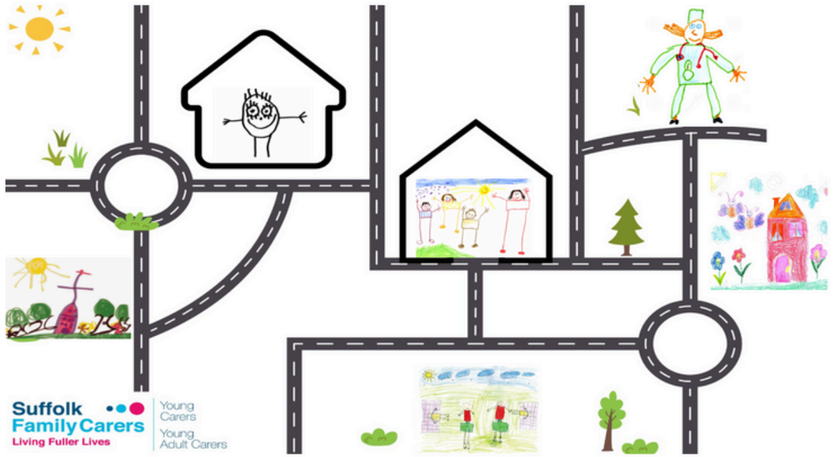
1) Draw a simple map and ask your child to add buildings (e.g. home ,school, community group, favourite park)

3) Be interested. For example ask :

Who do you like to spend time with at school?

Where is your favourite space when at home?

What games do you like playing at the park?



Suffolk Family Carers
Living Fuller Lives
Young Carers
Young Adult Carers

‘Sometimes mummy has good days and sometimes she stays in bed. I don’t like the those days as I get lonely’

‘I know he goes to the hospital a lot but I don’t know why’



‘Because I am his sister I know how to care for him the best’.



‘They talk to grandma about stuff but stop if I come in’.

‘I wonder what will happen to me if she doesn’t come home one time’



‘I worry about when she get’s bigger’

Not talking to your child won’t make their questions disappear but instead become bigger questions.

YOUNG CARER WISHES



As a parent of a Young carer there are things you cannot change and things you can.

What small change can you make to help one of your child's wishes come true?



What else can you do to support your child?

- If your child attends school, make the Young carer Lead aware
- Include friends and family to reduce the caring role
- Explore the Young carers pages

With the right support many young carers are:

PROUD of what they do

Have STRONG RELATIONSHIPS
with thier family

LEARN SKILLS– responsibility, empathy, leadership



If your child is a young carer, are you a family carer?
Are you an adult caring for a child, parent or partner?

Suffolk Family Carers recognise the challenges of caring for a family member alongside all of lifes other demands.

Suffolk Family Carers can offer advice and guidance
For more information visit:

www.suffolkfamilycarers.org

Suffolk Family Carers
Living Fuller Lives

Young Carers
Young Adult Carers