What can I do as a parent/guardian?

- Talk to your child about their caring role
- If your child attends school make the Young Carer Lead aware
- Include family and friends to reduce the caring role for your child
- Make time for them to 'be a child'
- Explore the Young Carers pages on the Suffolk Family Carers website together
- Consider a Young Carers assessment, this helps identify what support your child may want



Think Family

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 life's other demands.

We can offer you reassurance, advice and guidance; *looking after yourself is important to enable you to look after others*.

For more information or to register yourself and/or your child visit:

www.suffolkfamilycarers.org

With Thanks to Young Carers from Elm Tree Primary School, Crawford Primary School, Boxford CEVC Primary School,Springfield Junior School, The Oaks Primary School, Woodhall Primary School and Wells Hall Primary School for their drawings depicting what being a Young Carer means to them.

Suffolk Family Carers
Living Fuller Lives

Young Carers
Young Adult Carers

Is my child a Young Carer?

A parent/guardian's guide to explain:

Why your child may be a Young Carer?

What you can do to support them?



What is a Young Carer?

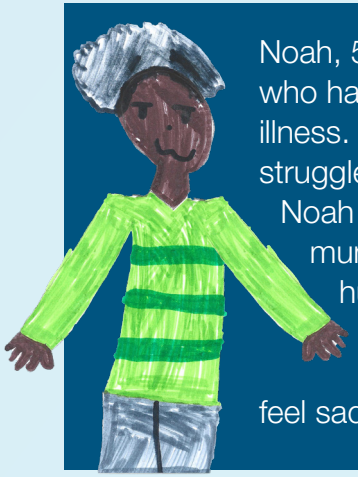
A Young Carer is a child who provides care or emotional support to a family member who may have:

- A long term illness
- Physical disability
- Neurodevelopmental difference
- Mental health illness
- Substance dependency

Some children are born into their caring role, for others it may happen overnight due to an accident or sudden illness.

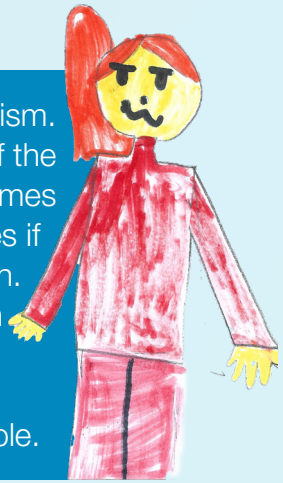
Research shows 1 in 5 High School aged children are Young Carers.





Noah, 5, lives with his mum who has a mental health illness. On bad days Mum struggles to leave the house. Noah feels he must cheer mum up by giving her hugs or making her drinks. Seeing mum like this makes Noah feel sad and lonely.

Kiah, 8, has a sister with autism. Mum and dad do most of the caring, but Kiah sometimes misses out on opportunities if her sister has a meltdown. Kiah is often the best person to help calm her down when this happens. Kiah sometimes feels invisible.





Is being a Young Carer 'bad' for my child?

If a Young Carer does not feel supported or recognised in their role, this can lead to feelings of sadness, anger, loneliness.

If it continues to be unsupported, research shows it can affect a child's future education and wellbeing.

BUT with the right support many Young Carers:

- Are **proud** of what they do
- Have very **strong relationships** with their family
- **Learn skills** that help their development, responsibility, empathy, kindness and leadership



