

# YOUNG CARERS

- Lots of children are helpful. They help their family with things like making tea, washing up and spending time with their brothers and sisters.

Did you know:

- Some families need their children to do a lot to help them because someone in the family is disabled or ill for a long time.
- Young carers are children who look after someone in their family who has an illness or disability.



**Useful Links for young Carers**

<https://babble.carers.org/>

<https://www.youngsibs.org.uk/>