



“If you look after someone at home you should have someone at school to talk to.”

A pupil

Lots of children look after someone at home who is ill or disabled

They often learn lots of skills because they look after someone.

But sometimes they:

- **Feel tired, sad or worried.**
- **Want a break or some fun.**
- **Miss school.**
- **Find school difficult.**

If you help look after someone at home, don't miss out.

Talk to: