



**“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:**