

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

A pupil

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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:

Mrs Cox or Miss Rowland