

What is the young carer's card?

The young carer's card is for young carers who are having problems at school because they are looking after someone at home. Young carers can carry the card with them at school and they can show the card to teachers when they are having problems.

The card is for young carers who are unable to or find it difficult to:

- Arrive at school on time if they need to take younger siblings to school first
- Stay after school without prior warning
- Finish homework on time due to caring responsibilities

Or need to:

- Carry a mobile phone (on silent) so they can keep in contact with the person they care for
- Leave early so they can collect younger brothers or sisters



Find more information here from the Sunderland Carers Centre:



# All Things Young Carers

## Parent Carer Guide to Supporting Siblings

More guides available at  
Choice Wellbeing Service

# Your Child, Your Choice

Because one size doesn't fit all

Find our  
website here:



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WELLBEING SERVICE



## What about Siblings?

We know how difficult it can be to care for a child with additional needs and parent their siblings also. Quite frankly, it isn't easy is it?

Parenting siblings of a child with a disability can be a complex tapestry of emotions. There's the immense love and pride for all your children, interwoven with a constant undercurrent of worry.

### What young carers do

- Help with household chores
- Help with personal care
- Provide emotional support
- Help manage the family budget and collect prescriptions
- Take responsibility for siblings when parents are too unwell



Children may understand more than you think. Try to answer their questions as honestly as you can in a way they will understand. Sometimes a story can make it easier to start talking.

If your disabled child is in hospital a lot, taking your other children with you can help. They can see the ward and meet the practitioners who are helping their sibling. Offer them the chance to go if they would like, but let them decide when they are ready.

### How to support a young carer

- Awareness – Make schools, GPs and clubs aware that your child is classed as a young carer.
- Support – Offer regular time away from their caring role, such as days out with family members, or at clubs with other children.
- Access – Access support groups and organisations in your area.
- Safe space – Create a safe space for your child, maybe decorate their room with them, so when they want a break, they have somewhere they like to go to.

## Tips for supporting siblings

- Let siblings choose if they want to help with their brother or sister.
- If you can, try to spend a little time with each child on their own, even if this is reading a book or going to the local park.
- Ask friends and family to help siblings continue their normal routines, such as going to sports clubs or other things they like to do.
- Ask your local authority about short break services in your area.
- Some people find it helpful to have cards explaining their child's condition. These can give siblings a way to talk about their disabled brother or sister to their friends.
- Plan activities and outings you can do as a whole family.

### Siblings' complaints and upsets

All siblings experience tough emotions like anger, sadness, or worry. When your child shares these feelings with you, it's a valuable opportunity to connect and listen to what's bothering them.



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