

YOUNG CARERS IN SPACE



by ANA GRAÇA



You're a young carer if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem. If you're a young carer, you probably look after one of your parents or care for a brother or sister. Quite a lot of young carers are fairly little and under the age of 8. This story is about some of these children: our youngest young carers.

Local support can be available for young carers, but the needs of the youngest young carers are all too often overlooked. This books aims to shed light on their needs.

To learn more contact: youngcarersalliance@carers.org

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Honey is a young carer who lives with her mum and her big brother, Pip, who is autistic.





In the mornings, Honey helps
Pip get dressed,

find his favourite toys



and calm down when he's
overwhelmed.

Sometimes, it takes a long time — and Honey is often late for school.

One day, she ran to school as fast as she could,
and her teacher, Miss Mosby, asked:



Classroom

“Honey,
why
are you
late
again?”





Honey's tummy twisted.
The words got **stuck**
in her throat.
“I...well...I”
She wanted to explain
about Pip,
but no words
would come out...