

EXAMPLES OF SUPPORT

Young caregivers have so many responsibilities that may cause their schoolwork to be put on the back burner. If you work with a young caregiver in a school setting, here are some ways to ensure they are better supported:

- Offer programs DURING school in as many after school programs are not possible for them
- Validate their role at home and check in with them
- Offer moments through the day when they can visit the school mental health or quiet room when they are distracted or upset
- Arrange times in the day when the young caregiver can call home to check in with their family member - this helps lessen worry and distraction
- Hold homework clubs during school time to leave sufficient time for their at-home tasks
- Offer academic accommodations when appropriate (e.g., deadline extensions)
- Listen to them and provide simple, age-appropriate coping skills such as deep breathing, fidget toys, and stress balls
- Encourage them to connect with other students in similar positions
- Connect them to school resources and staff that can help them (e.g., school social worker and support staff)
- Ensure a welcoming and inclusive classroom setting
- Encourage play as it is a way for kids to process tough situations and have moments away from troubling mindsets
- Suggestions from young caregivers include homework clubs, mentoring from other students, flexibility, deadline extensions and access to a phone during the day
- Refer the student to YCA for specialized supports

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