

Young Carer Book List



A list of books about/featuring young carers. Descriptions are taken from the book itself or retailers. These books that have not been checked or vetted by the Young Carers Alliance. Before using any of the books or information within them, you must check them for appropriateness.

Books for young people

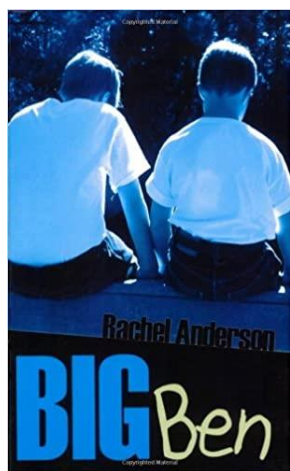
Alex and Arlo: A Sibling Story

Siblings Australia Inc

"Alex and Arlo: A Sibling Story was written to help your sibling child feel less alone in their experiences, and to provide reassurance that there are others out there who understand how they feel.

'Alex and Arlo' will take you and your sibling child through the various experiences Alex faces as a sibling to her younger brother Arlo, who has a disability."

<https://siblingsaustralia.org.au/siblings/young/>



Big Ben

Rachel Anderson

"This is a moving story about Matthew, whose adored older brother Ben has Downs Syndrome. Matthew is horrified when Ben turns 16 and has to go off to a special school - he will miss him very much. Gradually Matthew comes to realise that it is best for Ben and that he will need to find his own friends. When Matthew's teacher decides to focus on Ben for a class project on 'Interesting People in the Community' the class comes to recognise what an amazing person Ben is. An entertaining and amusing story about an area rarely tackled."

Caitlin's wish – Second edition

Victoria Taylor

"Caitlin's Wish is an enchanting and moving story based on real life events; an inspiring tale of triumph over adversity. It follows one little girl's journey as she comes to terms with her father's life-changing illness. Unable to accept all the changes in her life, Caitlin asks herself, "Why me? Why my family?" She hides her true feelings from everyone around her, only confiding in Rufus, a little robin who sits on her windowsill. She pours her heart out to him, completely unaware of his magic abilities. Rufus arranges a trip to an enchanted world where anything is possible. Join Caitlin on her magical adventure to Fairyland where she re-discovers her happiness and learns to see life from a new perspective. Once you've read Caitlin's Wish, you'll never see life in the same way again.

Daughter

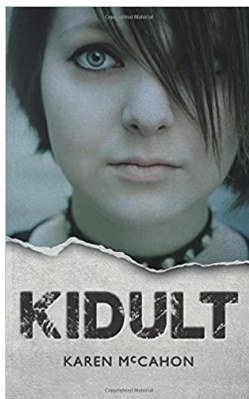
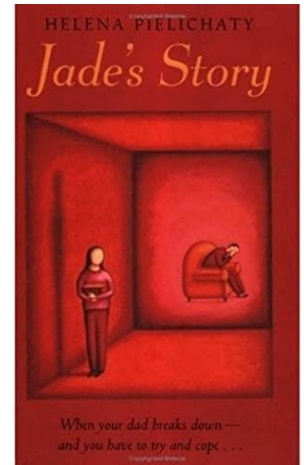
Ishbel Moore

"The story of 14-year-old Sylvie who lives with her mother. Sylvie arrives home one day to find her mum standing on the balcony of their flat, possibly about to jump. Sylvie's mother has Alzheimer's disease and Sylvie struggles to come to terms with what is happening. The roles of parent and child are quickly reversed as Sylvie has to take on the responsibility of looking after her mother"

Jade's Story

Helena Pielichaty

"Jade doesn't know how to cope when her father starts behaving oddly. He sits in a chair all day, staring into space, not even bothering to get dressed - until Jade is too embarrassed to bring her friends home. And then, to cap it all, he wrecks his own shop, makes a scene in the middle of the road, and has to be escorted off to hospital by the police. Jade doesn't know how to cope with her father's strange behaviour - and it's only as she comes to understand him better that she can come to terms with what's happening to him. An insightful study of what it's like to have a parent break down, handled with sensitivity and humour."



Kidult

Karen McCahon

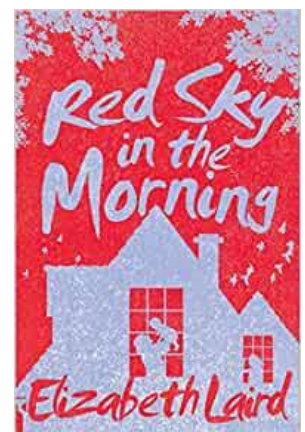
"The stress is getting to fifteen-year-old Jess. Her mum's officially lost it, going from yummy mummy to seriously weird almost overnight. Now, with her mum being forced into hospital, Jess is left living alone. All this freedom should be fun, what with the clubbing, the horror films, and much older boys. But the class bitch is spreading poison and lies are starting to unravel. Gorgeous Tom thinks she's nineteen. Will he still like her if he learns the truth? And who is the mysterious Chris and why won't he leave her alone?"

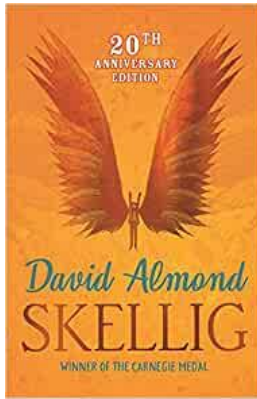
NB - Contains mild use of bad language and sexual references

Red Sky in the Morning

Elizabeth Laird

"Twelve-year-old Anna is looking forward to the birth of her baby brother. Ben arrives, but is disabled and will never be like other children. Anna loves him with her whole heart but she finds herself unable to admit the truth of Ben's condition to her school friends. Eventually the truth gets out and leads not to the ridicule Anna expected, but sympathy and understanding."





Skellig

David Almond

"When a move to a new house coincides with his baby sister's illness, Michael's world seems suddenly lonely and uncertain.

Then, one Sunday afternoon, he stumbles into the old, ramshackle garage of his new home, and finds something magical. A strange creature - part owl, part angel, a being who needs Michael's help if he is to survive. With his new friend Mina, Michael nourishes Skellig back to health, while his baby sister languishes in the hospital.

But Skellig is far more than he at first appears, and as he helps Michael breathe life into his tiny sister, Michael's world changes for ever..."

Sleepovers

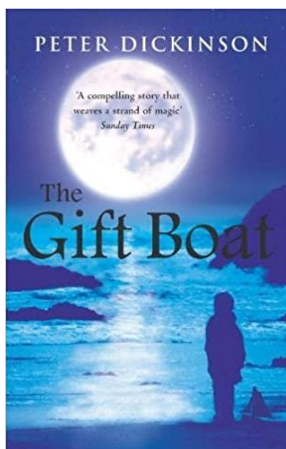
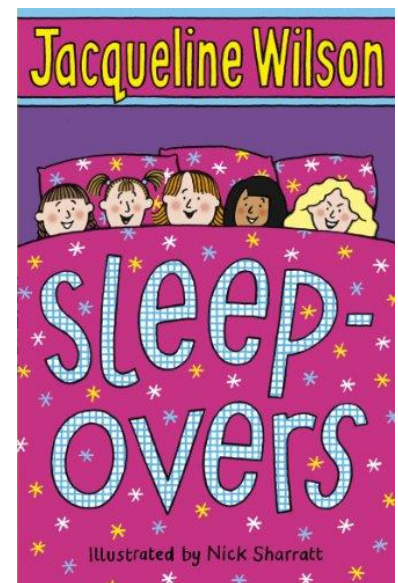
Jacqueline Wilson

"Amy, Bella, Chloe, Daisy and Emily are best friends at school, they even have their own Alphabet Club (just look at their initials!). Daisy is the newest member, she's desperate to fit in, even though Chloe is VERY unfriendly to her at times.

And, when the girls start planning sleepovers for their birthdays, Daisy starts dreading her own.

She doesn't know what her friends will make of her older sister.

From bestselling author Jacqueline Wilson, Sleepovers is a funny but moving tale exploring bullying, disability and friendship.



The Gift Boat

Peter Dickinson

"Grandad is the most important person in Gavin's life. The two understand each other perfectly. Grandad teaches Gavin to fish in Stonehaven harbour, and is making him a beautiful model boat for his birthday. Gavin names her Selkie, after the mythical seal-people, who will help you if you're in trouble. When Grandad is suddenly struck down by a massive stroke, Gavin is devastated. But he is determined to prove the doctors wrong, and find a way to reach his real Grandad, trapped somewhere inside the

paralysed body in the hospital bed. He is sure that, somehow, the little boat, and the magical selkies in the sea, hold the key to bringing his grandfather back to life, against all the odds."

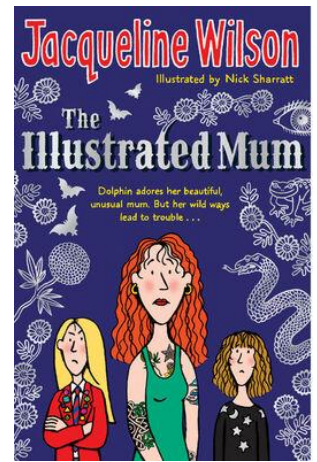
The Illustrated Mum

Jacqueline Wilson

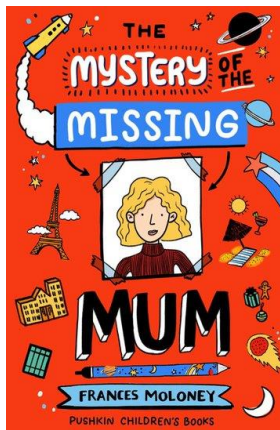
"She's good at spending heaps of money that we haven't got. She's good at getting drunk. She's good at getting completely nutty ideas into her head."

Dolphin adores her mum - she's beautiful and vibrant. She's covered in colourful tattoos and with her bright hair and amazing clothes, Marigold stands out, wherever she goes.

But her sister, Star, feels differently. Marigold may look great, but living with her unpredictable, fiery moods can be hard. After Marigold has a breakdown, Dolphin starts to wonder...is she the right person to be looking after her?



From bestselling author Jacqueline Wilson, *The Illustrated Mum* is an optimistic tale about family, mental health and sisterly love."



The Mystery of The Missing Mum

Frances Moloney

"I knew STRAIGHTAWAY that something was WRONG on Monday morning when Mum didn't wake me up for school.

With his grandma snoring in the kitchen and his older sister spending hours getting ready for school, it's up to Jake to discover where his missing mum might be.

Life at home wasn't perfect, but he can't understand why she would simply run off like this. And why doesn't anyone else

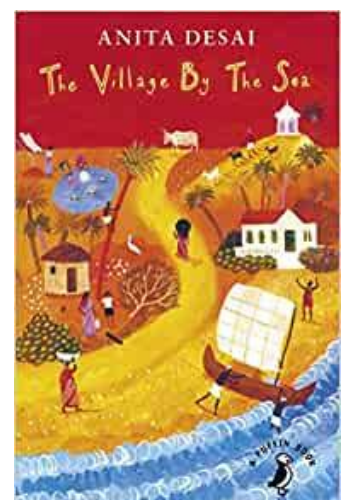
seem to care?

A heartfelt, funny and unique ode to perfectly imperfect families."

The Village by the Sea

Anita Desai

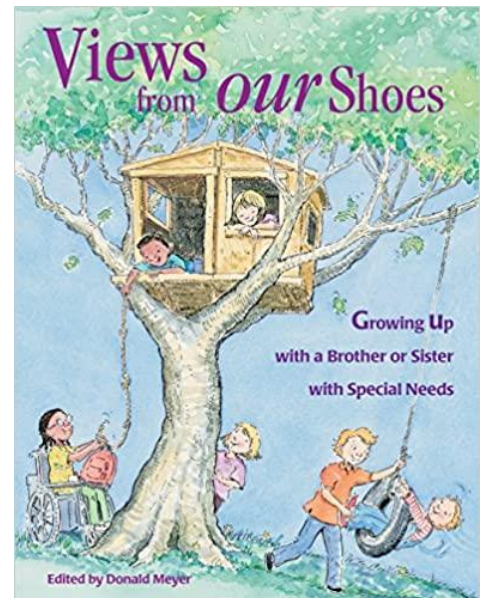
"A story of survival set in a small fishing village near Bombay. Lila and Hari, aged 13 and 12, struggle to keep the family, including two young sisters, going when their mother is ill and their father usually the worse for drink. When Hari goes to Bombay to find work, Lila seems to be responsible for everything. Although the book paints a picture of extreme poverty, it demonstrates the strength of the family even in the most extreme circumstances and offers a powerful picture of another culture."



Views from Our Shoes: Growing Up with a Brother or Sister with Special Needs

Edited by Donald Meyer

"45 siblings share their experiences as the brother or sister of someone with a disability. The children whose essays are featured here range from four to eighteen and are the siblings of youngsters with a variety of special needs, including autism, cerebral palsy, developmental delays, ADD, hydrocephalus, visual and hearing impairments, Down and Tourette syndromes. Their personal tales introduce young siblings to others like them, perhaps for the first time, and allow them to compare experiences."



Who Cares

A play by Matt Woodhead

"Real-life testimonies from young carers woven into an acclaimed theatre play by Matt Woodhead. An intimate and stark portrait of life on the edge. Matt Woodhead's verbatim drama tells the story of 3 young carers in Salford, who had no choice but to become the adult in their families."

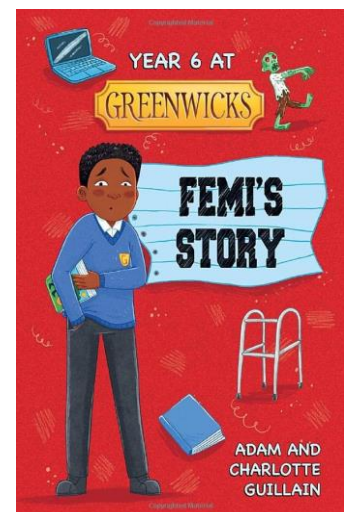
Year 6 at Greenwicks: Femi's Story

Adam and Charlotte Guillain

"Welcome back to Greenwicks Primary, Year 6! It's the final year before secondary school, and lots of things are about to change for the new Year Sixes ... Something's up with Femi. He won't join in with football, he hardly speaks to his friends anymore, and he keeps going to sit by himself at break-time. All Femi's friends have noticed it, but Femi won't tell them what's wrong. All Femi can think about is his new computer game, but is it just a distraction from what's really going on?"

Interest Age: 10-11 years

Reading Age: 7-8 years



Books for adults/professionals

Building Children's Resilience in the face of parental mental illness - Conversations with Children, Parents and Professionals

Edited By Alan Cooklin, Gill Gorell Barnes

"Mental illness in a parent presents children with multiple challenges, including stigma, self-doubt and self-blame, ongoing anxiety and depression, that are rarely discussed in the public domain. This important new book, written by young people who have lived through these experiences, as well as professionals working alongside their families, highlights the relationships between children, parents and professionals, and the emotional issues they all face.

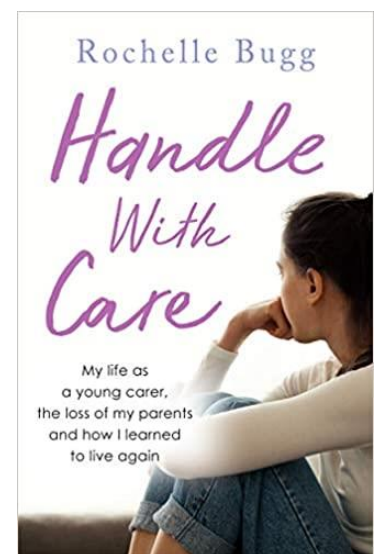
A key focus of the book is the relationships in all combinations between the children, parents and professionals, as well as the responses to each other illustrated throughout. It will be ideal for all those working in the health, social and educational professions, as well as parents and children themselves."

Handle with care: My life as a young carer, the loss of my parents and how I learned to live again

Rochelle Bugg

"In this heart-breaking, inspirational memoir, Rochelle nurses her beloved mother through a terminal brain tumour. With sensitivity and enormous emotional depth, Handle with Care provides a window into the life of a young carer.

When her mum falls seriously ill, 25-year-old Rochelle decides to give up her new job and move home to become her mother's full-time carer and look after her sisters. After the initial diagnosis of a stroke gives way to one of terminal cancer, Rochelle cares for her mother through her illness - helping her as the illness makes everyday life increasingly difficult - and remaining by her side when she passes away. And then, while still grieving, Rochelle must find her way back into the world again.



Siblings: Brothers and Sisters of Children with Disabilities

Kate Strohm (Siblings Australia)

"Siblings tells what it is like to grow up with a brother or sister with a disability or illness. The siblings of children with a disability are often the overlooked ones in families struggling to cope.

Kate Strohm, a sibling herself, bravely shares the story of her journey from isolation and confusion to greater understanding and acceptance. She provides a forum for other siblings to describe their challenges and provides them with strategies to make sense of their experiences.