

Not living with parents

Parent late picking up

Lack of food

Always forget gym kit

Have to make dinner

Going to bed alone

Have to put parent to  
bed

Parent not available for  
play

Not being heard

Not able to attend clubs  
or activities

Clothes have not been  
cleaned

Unable to predict mood  
of parent

No help with homework

Caring for siblings

Feeling embarrassed  
when out with parent

Caring for parent

Living in an unkept  
environment

Can't invite friends over

Limited food in the  
home

Lack of routine

Unable to concentrate

Taking responsibility at  
a young age

Being bullied online

Feeling unsafe at home

Afraid to leave parents  
alone

Poor academic  
achievements

Worrying about parent  
when away from them

Find it hard to make  
friends

No holidays

Find it difficult to  
complete a task

Ruined family days out

Find it hard to have fun