Aaliyah's Story

Hi! My name is Aaliyah and I'm 11 years old.
I live in a flat with just my mum and I help take care of her because she has something called fibromyalgia. That means she's in pain a lot and gets really tired, even from doing small things like walking or standing for too long.

My mum is amazing - she always tries her best to smile and make things fun for me, even when she's not feeling well. But I know she needs help, so I do what I can.

In the mornings, I help her get out of bed and make us both breakfast. I pack my school bag and sometimes hers too if she has a doctor's appointment. After school, I help with the cooking (I'm really good at making pasta!) and I tidy up the living room so she doesn't trip over anything.

Sometimes I help her get dressed or remind her to take her medicine. On her really bad days, I stay close by in case she needs anything. I also help carry the shopping when we go out, and I always keep an eye on her to make sure she's okay.

It can be hard sometimes. I get tired too, and I miss hanging out with my friends after school. But I love my mum so much, and I know she's doing her best. She always tells me how proud she is of me, and that makes me feel really special.

When I have free time, I love dancing in my room, drawing pictures of animals, and watching funny videos online. That helps me relax and feel like a normal kid.

Being a young carer has taught me how to be strong, kind, and patient. I know I'm doing something important, even if it's not always easy.

Thank you for reading my story.