

Being the eldest daughter

Being the oldest we always get overlooked by everyone including parent other siblings. At only 10 years old, I was left the responsibility to get my sister and myself ready for school as my mother would work late nights and my father would go to work early in the morning. My responsibilities for getting my sister and myself ready for school are waking myself and my sister, getting her uniform and my uniform, making us both breakfast, making sure she brushes her teeth, me doing her hair and after all that done I would wake my mum up to take us to school overall, I loved helping out at home and quickly found out I was good at it. I know that mum feels bad for me doing all of that for me and my sister, but she told me years later that she was grateful to me for doing that for her and letting her sleep. Mum always said that I grow up too fast.

One thing I hate about being the oldest daughter from a young age was I was the first one do everything I was the first one to start school and I didn't have another sibling to tell me what I would expect. I was the first one to play netball, I was the first one to finish primary school and start high school and now it will be the first person in my family to finish high school. The oldest daughter always feels the pressure to be the best at everything.

I feel like I would be a different person if I was an only child, I feel that I would have less responsibilities and the house would be less of a mess that would be easy to maintain. I would have more time to myself like playing games, after school naps and no one waking me up every 2 mins and no more looking for thing that go missing from my room. But I feel like that my life would be so boring without my siblings because then no one coming into my room because they don't want to be by themselves, no one crying to me because they need help with their homework, no one coming into my room and asking if I can go pick up her friends. It might be annoying at the time, but I wouldn't change anything about my current life.

But I am the oldest daughter, I am an overachiever, a people pleaser and I can be bossy sometimes and at my worst controlling. I'm also empathetic but I am chronically stressed and that I must do my best, sometimes I think how much of my personality are just symptoms of the oldest daughter syndrome. I grow up thinking that I had to be perfect and responsible for everyone emotions. I don't remember much of my childhood; I feel like grew up too quickly and felt like I never got to experience it I remember people praising me for being so mature for my age, now that I am a teenager I feel like I have never hit rebellious teenage stage and if I do it will far too late, I feel like I can never let myself make mistakes as I was the oldest daughter and I was the role model, the family therapist, the caregiver. I'm that oldest daughter in friendships and romantic relationships, loving someone for me has always meant carrying their weight they never asked me to carry. I've cared for others since I was a kid that love for me comes with protection a mere projection on life growing up and for others love is in all that I chalk it up my role in life it seems as always to make sure others are happy but where is my older sister to check up on me will I forever be the mediator, the peacekeeper ,the dependable friend how much of being the oldest daughter created my entire personality but I wouldn't ask for anything else for who would I be with the oldest daughter syndrome who even am I without mending other hurt.

