**Day In My Life: Baby**

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| **Questions** | **Responses** | **Notes** |
| |  | | --- | | **Waking**   1. Do I wake early or later in the morning? 2. Am I attended to when I wake up or after a while? 3. Who gets me up and ready in the morning? 4. What do they do to care for me? 5. Do I have curtains/blinds in my room and are they pulled open in the morning? 6. Do I wake up in a bedroom in a suitable cot? 7. Is my nappy changed straight away in the morning? | |  |  |
| |  | | --- | | **Feeding**   1. Am I breast fed or do I have formula milk? 2. Who gives me my milk and how often do I have it? 3. Do they hold me whilst I am feeding, or am I propped in a cot or bouncer? 4. Am I easy to feed or can it be difficult sometimes? 5. Do I have my milk at the same time(s) every day? 6. Are my bottles clean and sterilised and who does this? 7. Do I have reflux or a tendency to be ‘sickie’? 8. Am I settled and contented after a feed? 9. Are there plans to wean me onto food? 10. Do I have eye contact with my parent/ carer whilst feeding?   12) Have I had repeated episodes of thrush and if yes, has medical advice been sought? | |  |  |
| |  | | --- | | **Dressing**   1. Who helps me to get dressed? Is this the same every day? 2. Are my clothes clean, do they fit me and are they appropriate for the weather? | |  |  |
| **Getting to school (if there are school age children in the house)**   1. Do I join in on the school-run or does someone else look after me during this time? 2. If I do go to school, how do I get there? 3. Do I stay in the car to wait if my siblings are being dropped off at the classroom? 4. If I stay at home, who looks after me? 5. Do I receive all my feeds when I need to, or are they timed to fit in with school arrangements? |  |  |
| **During the day**   1. What do I like to do during the day? 2. Who do I spend the most time with and where do they take me? 3. Do I go to baby and toddler groups to make friends or do I go wherever my carer needs to go? 4. Does my carer help me to learn by playing with toys and books with me? 5. Do I sleep in the day and is that at regular times each day? 6. Do I like to sleep at home in my cot, or out in my buggy or car seat? 7. Who feeds me and is this at the same time each day? 8. Is my nappy changed regularly and by whom? 9. Do we have any pets in the house? 10. How am I protected from any pets? 11. Am I ever left alone unsupervised with any pets? 12. Do I like to watch a lot of television/phone screens? Does anyone check what I am viewing? 13. Do I like to sit a lot in car seats or pushchairs during the day? 14. Am I encouraged to explore my environment? If so, can I do so safely, e.g. not climb the stairs unsupervised or put my fingers in plug sockets? |  |  |
| **Childcare**   1. Do I go to any childcare? Is it a registered setting? 2. Do I walk or drive, who takes and picks me up? 3. How often do I go to my childcare setting? 4. Do I tend to arrive at my setting on time or am I late? 5. Do I have everything I need for the childcare setting? bottles, change of clothes, nappies/wet wipes/cream if needed? 6. Do I like my setting? Do I settle well there? Do I interact with the other children there and the staff/childminder? What do I like doing when I am there? 7. Do my parents engage well with the childcare setting? |  |  |
| **Socialising & Communication**   1. Do I have regular eye contact and communication time with my carer? This is really important very early on in my life. 2. Does my carer find it easy to understand my needs from my cues (e.g. tired, hungry, in pain, overstimulated)? 3. Does my carer encourage my sounds and babbling development? 4. Does my carer respond to my noises or mirror my sounds? 5. Do I respond to their facial expressions when they are trying to calm me / talk to me / play with me? |  |  |
| **After school (if there is a school age child in the house)**   1. Do I go to the school to meet my sibling or do I stay at home? Who looks after me? 2. What happens to me when my sibling(s) are home – do they play with me nicely? 3. Is our carer around to make sure the play is appropriate? 4. Do I join in mealtimes? |  |  |
| **Evenings**   1. Do I have a regular night-time routine? 2. Do I feed well in the evening? 3. Do I have a bath and if so, how often? Who baths me and do I bath with any of my siblings? 4. Do I watch TV with any of my family in the evenings? If so, is what I watch okay for my age? |  |  |
| **Bedtime**   1. Do I go to bed at the same time every night? 2. Am I put to bed or do I fall asleep whenever I am tired enough? 3. If I am placed in my cot, do I settle well by myself? 4. Where do I sleep? 5. Do I go to sleep with toys? 6. Am I read a bedtime book? 7. How do I like to sleep (on my back / front)? 8. Does my carer use a monitor? 9. Who is normally in the house at night-time? 10. Is my room darkened by curtains or a blind? |  |  |
| **Overnight**   1. Do I sleep well at night or do I tend to wake? 2. How often do I wake? 3. What happens when I wake up? 4. Does my carer respond or am I left to cry / self soothe? 5. Do I have feeds during the night? 6. Where do the pets sleep in the house? |  |  |
| **Crying**   1. Does my carer attend to me as soon as I start to cry? 2. Do I respond well to a cuddle and soothing words? |  |  |
| **Illness**   1. When I am poorly who looks after me? 2. When I am poorly does my carer get advice, and do they adhere to it? 3. Am I taken to all my appointments with the Health Visitor or Doctors? 4. Have I had all my immunisations? If not, why not? |  |  |
| **Additional Considerations**   1. Do my parents/carers smoke and / or drink alcohol and do they do they do it around me? 2. Do my parents/carers misuse substances such as cannabis or other drugs and do they do they do it around me? Have they sought help to stop them? 3. Do my parents/carers have a learning difficulty and how does that affect me? 4. Do my parents/carers have complex health needs or a disability? How does this affect how they care for me? 5. Do my parents/carers suffer with poor mental health? How does this effect how they care for me? 6. If my parents/carers are separated, do they both have a suitable home for me to safely stay at and how much time do I spend with each of them? 7. Does my parent have a new partner? 8. Who are the adults I see often? 9. Do my parents/carers argue a lot and is it in front of me? 10. Are my parents/carers in a healthy relationship or is one of them at risk of domestic abuse? 11. Are my parents/carers in prison or in the criminal justice system? Do I visit them? 12. Did my parents/carers have involvement with children’s services when they were a child? 13. Do my parents/carers feel like they have a support network around them? |  |  |