**Day In My Life: Child**

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| **Questions** | **Responses** | **Notes** |
| **Waking up in the morning**   1. Do I use a clock/alarm to get up? Does someone get me up? Who? 2. What time do I normally get up? 3. Does someone help me get up or do I get myself up? 4. Do I have to get anyone else up? 5. Is there anyone else up when I get up? 6. Who else is at home when I get up? 7. Are my mornings the same or is it different every day? 8. If I need medicine, does someone help me take it? 9. Once I have woken up and got out of bed, do I still feel tired? Do I feel I generally sleep well and feel rested when I wake? |  |  |
| |  | | --- | | **Breakfast**   1. Is there food available in the morning for breakfast? 2. Do I eat breakfast in the morning? What do I like to have? Is it the same every day or different? 3. Is there someone to help me make breakfast or do I do it myself? 4. Do I need to make breakfast for anyone else? 5. Do I eat my breakfast with others or by myself? | |  |  |
| **Dressing**   1. Do I have enough clothes? 2. Do I have suitable school uniform, including PE kit? Do I have school shoes that fit?  |  | | --- | | 1. Are my clothes clean enough, the right size for me, appropriate for the weather? 2. Do my shoes fit? Are they right for the weather? 3. Does someone help me get dressed or do I do it myself? 4. Do I have to get someone else dressed? Do I have to wash someone else? 5. Do I have a toothbrush and does someone help me to clean my teeth? 6. Do I think I look ok in my clothes? Do I have a positive body image? Do I think I look fat/thin in my clothes? 7. Do I feel bullied or picked on because of how I look or what I wear? Who by? | |  |  |
| **Getting to School**   1. Do I go to school? How far away is it? How do I get there? Are there busy roads to cross? Does someone take me to school, or do I go by myself? 2. Do I need to take anyone else to school i.e. younger siblings? 3. Do I tend to arrive at school on time or am I late, what happens and how do I feel about this – how does it impact my day? 4. How often do I go to school? Do I stay all day? 5. What is good about my journey to school, what is not so good about my journey to school? |  |  |
| **In School**   1. Do I attend school or am I Electively Home Educated (EHE)? 2. If I am Electively Home Educated (EHE), what does this look like, what do I like about it , what might be better? Is my parent/carer in touch with the EHE team? 3. If I am at EHE, how is my progress monitored? Do I have access to the resources I need at home? Do my carers communicate openly with education welfare? 4. Do I like school? 5. What is my favourite bit? 6. Which bit do not I like so much? 7. Do I have friends there? 8. Are my friends the same age or older/younger? 9. What do I do at breaks? Do I have a snack? 10. Do I eat school dinners or packed lunch? Am I hungry at school? 11. Do I have the right things for school - such as coat, wellingtons, PE kit, water bottle, reading book? 12. Do I have a favourite teacher or someone I like to talk to? 13. Do I fall asleep in class or struggle to concentrate? 14. Do I see anyone for help at school – ELSA, school counsellor, mental health support worker (MHST) etc? 15. Is there anyone that I do not like at school or think is mean? 16. Do I go on school trips? 17. Do I get into trouble at school? 18. If I get angry/upset/overwhelmed at school, is there a safe space or person I can go to? 19. Do I attend any after school clubs put on by the school? i.e. dance/football/craft/choir 20. Do my parent(s) engage with school and attend school meetings? |  |  |
| **Evenings**   1. Do I do any clubs outside of school? i.e. football/gymnastics/swimming/scouts/brownies etc 2. Do I have set mealtimes? Do I eat my dinner with anyone else or on my own? Is my dinner cooked for me? 3. Do I have a favourite food? Do I eat that food all the time or do I try new things? 4. Is there anyone I can tell if I am hungry, and do they provide food for me? Is it healthy? 5. Do I watch TV including things like Netflix or Disney plus/you tube or other websites and what do I watch? 6. Do I do my homework? Does someone help me? Do I read regularly to an adult? 7. Do I use the internet/online gaming or social networking sites? What device do I use – laptop / tablet / phone? Does anyone check what I am doing on the internet? Are there any parental controls? How much of my evening is spent on TV or computer or social media? 8. What sites do I visit online and what do I do? 9. Do I chat online, including gaming or share any information or pictures? What do I talk about? Do I always know the person I am talking to? 10. What apps do I use to chat on? 11. Do I go out in the evening and if so, who do I go out with? 12. Where do I go and what do I do there? 13. Do I go to friends’ houses after school? 14. Do I have to be home by a set time? What time? 15. Does my carer know who I play with? 16. What do I do with my family in the evenings? 17. Do I have an adult I can talk to if I am worried? 18. What do my carers do? 19. Do we spend time together or do our own things? 20. Do I have anyone my own age to talk to? How often? |  |  |
| **Bedtime**   1. Do I go to bed at the same time every night? 2. Who decides when it is bedtime? 3. Does someone help me wash, brush my teeth and get ready for bed? 4. Do I have a bedtime routine? What is it? 5. Am I allowed my phone in my room and do I use it? 6. Where do I sleep? 7. Do I like where I sleep? 8. Who else is in the house at night-time? Are there visitors to the house late at night? 9. Do I have to look after anyone else at bedtime? 10. Do I have my own room, or do I share with others? 11. Do I have my own bed, is my bed comfortable and warm? 12. Do I get disturbed when I go to sleep? 13. Does someone respond if I wake up and I am frightened, worried or need something? 14. Do I have what I need in my room (suitable bed, curtains, warm floors)? 15. What is good about my bedroom, what is not so good about my bedroom? |  |  |
| **School holidays/weekends**   1. What do I do in the school holidays? 2. Do I have to look after anyone? 3. Do have chores / jobs to do? If so, what are they? 4. Do my carers look after me during the holidays or are they at work? If at work, where do I go – who cares for me? 5. Do my parents/carers know where I am, how do I know when it is time to go home? 6. Is there anyone else who looks after me? 7. Do I go on days out, do activities and play with friends? 8. If I get free school meals during the term what happens in the holidays? 9. Is there food to eat at home? 10. Is there someone around to help make food and supervise mealtimes? |  |  |
| **Additional Considerations**   1. Do I have any additional or complex needs (e.g. do I have a physical or learning disability; poor mental health; am I an asylum seeker or have been trafficked or am I a young carer) which can impact on my life? 2. Do I need additional support to help me reach my full potential, and if so, do I get that support? 3. Could a day in my life be improved, and if so how? 4. Who would you describe as your closest adult? And why? 5. Do I have a second parent / caregiver who will help care for me? 6. Do I have a dentist? Do I go regularly for check-ups? 7. Do my parents/carers smoke and/or drink alcohol and do they do they do it around me? Am I aware of it? 8. Do my parents/carers misuse substances such as cannabis or other drugs and do they do they do it around me? Am I aware of it? 9. Do my parents/carers have a learning difficulty and how does that affect me? 10. Do my parents/carers have complex health needs or a disability? How does this impact me? Am I a young carer? Do I get support for it if I am? 11. Do my parents/carers suffer with poor mental health? Does this effect how they care for me? Do I know a lot about their mental health problems? Does this cause me worries? Do I get support with this? 12. Am I blamed for causing my parents poor mental/physical health? 13. If my parents/carers are separated, do they both have a suitable home for me to safely be at and how much time do I spend with each of them? Do they overshare their relationship problems with me or encourage me to take sides between them? 14. Does my parent have a new partner? 15. Who are the adults I see often? 16. Do I hear my parents/carers arguing a lot? 17. Are my parents/carers in a healthy relationship or is one of them at risk of domestic abuse? Am I at risk of being a victim of domestic abuse? 18. Are my parents/carers in prison or in the criminal justice system? Do I know about it? Do I visit them? How does that affect me? 19. Did my parents/carers have involvement with children’s services when they were a child? 20. Do my parents/carers feel like they have a support network around them? 21. Have I moved with my family from another country because it was unsafe to live there? Do we have support from other services that are aware? |  |  |