

**Day in My Life: Pre School Child**

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| **Questions** | **Responses** | **Notes** |
| **Waking up in the morning**   1. Do I normally sleep well? Am I kept awake by TV or anything? 2. Am I dry at night, if not do I have help to change my sheets? 3. Does someone help me get up or do I get myself up? 4. Is there anyone else up when I get up? Do I go into my parent/carers bedroom or downstairs to play by myself/watch TV while everyone else is asleep? 5. Do I have to wake anyone else up? 6. Do I have a morning routine or is everyday different? |  |  |
| **Breakfast**   1. Do I eat breakfast in the morning? What do I have for breakfast? Do I get a choice of what I like? 2. Is there someone to help me make breakfast? 3. Do I eat my breakfast with others or by myself? 4. Do I eat my breakfast at the table or in front of the TV/watching an ipad/phone? |  |  |
| **Dressing**   1. Do I have clean clothes, that fit? Are they appropriate for the weather? Do I have enough? 2. Do I have shoes that fit? 3. Does someone help me get dressed or do I do it myself? 4. Do I have help every morning to wash and brush my teeth? |  |  |
| **Childcare**   1. Do I go to any childcare settings? 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 meals at my childcare setting? Do I tend to eat them well? Do I take a packed lunch at my childcare setting? What things go into my lunchbox? 6. Do I have everything I need for the childcare setting? Water bottle, wellies, raincoat, spare set of clothes/underwear, change bag? 7. Do I like my setting? Do I settle well there? Do I interact well with other children there and the staff/childminder? What do I like doing when I am there? 8. Do I see anyone for extra help in the setting e.g. Portage? 9. Do my parent(s) engage with school and attend school meetings? |  |  |
| **Health and Development**   1. Do I have access to a health visitor, GP and dentist? 2. Have I received my health and development checks from my health visitor? 3. Am I achieving my age appropriate milestones? 4. Do I receive support from other services to achieve my developmental potential and do always attend these appointments? 5. Am I able to communicate/express my thoughts and feelings? 6. Do I attend all my medical appointments? |  |  |
| **Home and Family**   1. How much time do I spend at home? Who is there to look after me? Is there anyone else who looks after me other than my parents/ main carers? 2. Do I have any siblings? How is care split between us? 3. Do I watch TV/ipad/iphone and if so, is what I watch okay for my age? Does anyone check? 4. Do I have regular mealtimes in the home or out of the home? 5. Do I sit with others in my household for meals? 6. Can I get snacks if I tell somebody I am hungry? 7. Do I have toys and games and books at home, are they age appropriate / help me to learn? What is my favourite toy to play with? Do I like being read to? 8. What do my carers do? Do we spend time together or do our own things? 9. Do my carers need any extra support for their own health and wellbeing, and do they engage well? 10. 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? 11. Do I have other family members or friends I look forward to visiting? |  |  |
| **Bedtime**   1. Do I have a bedtime routine? Who helps me get ready? 2. Do I have a set bedtime? 3. Do I brush my teeth before I go to bed? Do I need help to do this? 4. Where do I sleep? 5. Do I like where I sleep? 6. Who else is in the house at night-time? 7. Do I have my own room, do I share with others, where do I sleep? 8. Do I have what I need in my room (bed, curtains, warm floors, clean and warm bedding? 9. Do I sleep well at night or do I get up a lot? 10. Does someone respond if I wake up and I am frightened or need something? |  |  |
| **Additional Considerations**   1. Do I have any additional or complex needs (e.g. do I have a physical or learning disability; am I an asylum seeker) 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. Do my parents/carers smoke and / or drink alcohol and do they do they do it around me? Might I be aware of it? 4. Do my parents/carers misuse substances such as cannabis or other drugs and do they do they do it around me? Might I be aware of it? Have they sought help to stop? 5. Do my parents/carers have a learning difficulty and how does that affect me? 6. Do my parents/carers have complex health needs or a disability? How does this impact me? Does my parent have a new partner? 7. Who are the adults I see often? 8. Do my parents/carers suffer with poor mental health? Does this effect how they care for me and how? 9. If my parents/carers are separated, do they both have a suitable home for me to safely be in and how much time do I spend with each of them? 10. Does my parent have a new partner? 11. Who are the adults I see often? 12. Do I hear my parents/carers arguing a lot? 13. Are my parents/carers in a healthy relationship or is one of them at risk of domestic abuse? Am I at risk of domestic abuse? 14. 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? 15. Did my parents/carers have involvement with children’s services when they were a child? 16. Do my parents/carers feel like they have a support network around them? |  |  |