

Day In My Life: Child

Questions	Responses	Notes
<p>Waking Up In The Morning</p> <ol style="list-style-type: none"> 1. Do I use a clock to get up? 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? 		
<p>Breakfast</p> <ol style="list-style-type: none"> 1. Is there food available in the cupboard 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 other people? 5. Do I eat my breakfast with others or by myself? 6. Do I eat my breakfast at the table or in front of the TV? 		

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<p>Dressing</p> <ol style="list-style-type: none"> 1. Do I have enough clothes? 2. Do I have the right clothes for school, are they smart and ironed? Do I have the right shoes that fit and other school kit required? 3. Are my clothes clean, the right size for me, appropriate for the weather? 4. Do my shoes fit? Are they right for the weather? 5. Does someone help me get dressed or do I do it myself? 6. Do I have to get someone else dressed, do I have to wash someone else? 7. Do I have water/a toothbrush and does someone help me to wash and brush my teeth? 8. 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? Do I get bullied or picked on because of how I look or what I wear? 		
<p>Getting to School</p> <ol style="list-style-type: none"> 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? 4. What is good about my journey to school, what is not so good about my journey to school? 		

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<p>In School</p> <ol style="list-style-type: none"> 1. Do I like school? 2. What is my favourite bit? 3. Which bit do not I like so much? 4. Do I have any friends there? 5. Are my friends the same age or older/younger? 6. What do I do at breaks? Do I have a snack? 7. Do I eat school dinners or packed lunch? Am I hungry at school? 8. Do I have the right things for school - uniform, coat, wellingtons, PE kit? 9. Do I have a favourite teacher or someone I like to talk to? 10. Do I fall asleep in class or struggle to concentrate? 11. Do I see anyone for help at school – ELSA, school counsellor, support worker etc? 12. Is there anyone that I do not like at school or think is mean? 13. Have I ever been bullied? 14. Do I go on school trips? 		

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<p>After School</p> <ol style="list-style-type: none"> 1. How do I get home from school? 2. Do I go home at the end of the school day or do I go to afterschool clubs? 3. 3) Does someone meet me at the end of the day and take me home or do I go to friends' houses or somewhere else? 4. Is there anyone at home? 5. Do I watch TV and if so, is what I watch okay for my age? 6. Do I play any video games? Do I play online? Does anyone supervise me when I play online? Do I play with other people online and do I know who they are? 7. Do I have a Facebook account, or other social media account? 8. Do I have my own mobile phone, and do I use this to message friends? Who are the friends? Are they all from school or are there others? Have I met them all? 9. Do I have homework to do and does anyone help me with it? 10. Do I like doing my homework, does anyone check that I have done it? 11. Do I have to look after anyone else? 12. Is there food available? 13. Does anyone help me get some food? 14. Do I need to get food for anyone else? 15. Do I play out with friends after school? Who and where do we go? 16. Do I like to play with toys? 17. Do I have toys and games at home? 		

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<p>Evenings</p> <ol style="list-style-type: none"> 1. Do I have set mealtimes, do eat my dinner with anyone else or on my own, is my dinner cooked, is it prepared for me? 2. Do I have a favourite food? Do I eat that food all the time or do I try new things? 3. Is there anyone I can tell if I am hungry, and do they provide food for me? 4. Do I watch TV and what do I watch? 5. Do I use the internet 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? 6. What sites do I visit online and what do I do? 7. Do I chat online or share any information or pictures, what do I talk about? 8. Do I go out in the evening and if so, who do I go out with? 9. Where do I go and what I do there? 10. Do I have to be home by a set time? 11. Does my carer know who I play with? 12. What do I do with my family in the evenings? 13. Do I have an adult I can talk to if I am worried? 14. What do my carers do? 15. Do we spend time together or do our own things? 16. Do I have anyone own age to talk to-how often? 		

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<p>Bedtime</p> <ol style="list-style-type: none"> 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 and get ready for bed? 4. Does someone help me to wash and brush my teeth? 5. Where do I sleep? 6. Do I like where I sleep? 7. Who else is in the house at night-time? 8. Do I have to look after anyone else at bedtime? 9. Do I have my own room, or do I share with others? 10. Do I have my own bed, is my bed comfortable? 11. Do I get disturbed when I go to sleep? 12. Does someone respond if I wake up and I am frightened or need something? 13. Do I have what I need in my room (clean bed, curtains, warm floors)? 14. What is good about my bedroom, what is not so good about my bedroom? 		

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<p>School Holidays / Weekends</p> <ol style="list-style-type: none"> 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 – to holiday camps or friends' houses? 5. Do my 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 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? 		
<p>Additional Considerations</p> <ol style="list-style-type: none"> 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. Do my parents have additional or complex needs and how does this impact upon me? 		



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