



A Day in My Life: Pre-school Child

Things to think about when assessing the appropriateness of the daily routine of a pre-school child.

(Adapted from tools developed by Hampshire Safeguarding Children Board)



These questions provide **prompts** for practitioners when engaging in a series of conversations with a parent/carer to explore and understand a baby's lived experience.

The questions can be selected as appropriate and adapted to suit the communication needs of the parent/carer. It is not intended that that all questions/sections are answered in a single conversation. Information provided will need to be triangulated with the direct observations of professionals and information from a range of sources.

Questions	Responses	Notes (including observations)
<p>Waking</p> <ol style="list-style-type: none"> 1. What time do I normally get up? 2. Do I normally sleep well? Am I kept awake by TV or anything? 3. Do I wet the bed? If so, is there someone to help me with the sheets? 4. Does someone help me get up or do I get myself up? 5. Do I have to get anyone else up? 6. Is there anyone else up when I get up? 7. Are my mornings the same or is it different every day? 		
<p>Breakfast</p> <ol style="list-style-type: none"> 1. Do I eat breakfast in the morning? What food is available? 2. What do I like to have? Is it the same every day or different? 3. Does someone make my breakfast for me or is there someone to help me make breakfast? 4. Do I eat breakfast with others or by myself? 		

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<p>Dressing</p> <ol style="list-style-type: none"> 1. Do I have enough clothes? 2. Are my clothes clean, the right size for me, right for the weather? 3. Does someone help me to get dressed or do I do it myself? 4. Do I have water/a toothbrush and does someone help me to brush my teeth? 5. Are my shoes the right size? Do I get my feet measured? 		
<p>Childcare</p> <ol style="list-style-type: none"> 1. Do I go to any childcare settings – pre-school/nursery/childminder? How far away is it? How do I get there? Who takes me/picks me up? Is it the same people each day or does that change regularly? 2. Do I tend to arrive at my setting on time or am I late? 3. Do I have meals at my childcare setting? Do I tend to eat them well? 4. Do I like my setting? Do I settle well there? Do I interact well with other children? What do I like doing when I am there? 5. Do I see anyone for extra help with my behaviour or development in the setting, e.g., Portage? 6. Does the setting ensure my carers communicate with me in ways which enable me to understand what they are saying? 7. Does the setting provide me with activities which support my development? 		

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<p>At home</p> <ol style="list-style-type: none">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 main carers?2. Do I have any siblings? How is care split between us?3. Do I watch TV and, if so, is what I watch okay for my age?4. What type of food do I eat at home? Do I have regular meals? Who makes them for me? What is my favourite food? Do I eat that food all the time or do I try new things?5. Do I eat with others, and at the table, or do I eat by myself?6. Is there anyone I can tell if I am hungry, and do they provide food for me?7. Do I have toys and games at home? Are they age appropriate/ help me to learn? What is my favourite toy?8. What do my parents/carers do? Do we spend time together or do our own things?9. Who talks to me at home? Is this communication positive and encouraging?10. Who in the family gives me the most positive attention?11. How is my behaviour managed by my parents/carers?12. Is my home clean and tidy? Are there carpets/curtains/ furniture? Is there any mould/damp?		

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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. Where do I sleep? Is there clean bedding? 5. Do I like where I sleep? 6. Who else is in the house at nighttime? 7. Do I have my own room or do I share with others? 8. Do I have what I need in my room (bed, curtains, heating)? 9. Do I sleep well at night or do I get up a lot? 10. Do I have any comfort items to help me get to sleep – dummy/soft toy/blanket? 		
<p>Pets</p> <ol style="list-style-type: none"> 1. Are there any pets in my family and, if so, are they under control and do they behave appropriately around me? 2. Are there spaces for pets to go so I can't reach them? 		

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<p>Medical/Health/Disability</p> <ol style="list-style-type: none"> 1. If I have an alternative feeding method (e.g. tube fed) is this consistently followed? Has this been agreed with all carers and relevant professionals? Do people know what to do if I choke? 2. Do I have any additional needs and, if so, do I attend appropriate and relevant activities for my development, such as short breaks for children with disabilities? 3. Are my medical and care needs (e.g., medication and moving/handling procedures) met in my childcare setting and consistent with at home? 4. Am I given my medicine/treatment if I need it? 5. Are all medical needs being met and treatment instructions being followed? 6. Is all my equipment maintained and operating effectively? 7. Are my measurements being recorded (e.g. height, weight and saturation levels) as required by my health professionals? 8. Am I or my parent/carer sleep deprived as a result of my condition? 		
<p>Hospital Inpatients</p> <ol style="list-style-type: none"> 1. Am I being visited regularly by my family? 2. Am I having my social and emotional needs met while I am in hospital? 		