



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

# 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)



Questions	Responses	Notes (including observations)
<p><b>Dressing</b></p> <ol style="list-style-type: none"><li>1. Do I have enough clothes?</li><li>2. Are my clothes clean, the right size for me, right for the weather?</li><li>3. Does someone help me to get dressed or do I do it myself?</li><li>4. Do I have water/a toothbrush and does someone help me to brush my teeth?</li></ol>		
<p><b>Childcare</b></p> <ol style="list-style-type: none"><li>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?</li><li>2. Do I tend to arrive at my setting on time or am I late?</li><li>3. Do I have meals at my childcare setting? Do I tend to eat them well?</li><li>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?</li><li>5. Do I see anyone for extra help with my behaviour or development in the setting, e.g. Portage?</li><li>6. Does the setting ensure my carers communicate with me in ways which enable me to understand what they are saying?</li><li>7. Does the setting provide me with activities which support my development?</li></ol>		

# 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)



Questions	Responses	Notes (including observations)
<p><b>At home</b></p> <ol style="list-style-type: none"> <li>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?</li> <li>Do I have any siblings? How is care split between us?</li> <li>Do I watch TV and, if so, is what I watch okay for my age?</li> <li>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?</li> <li>Do I eat with others, and at the table, or do I eat by myself?</li> <li>Is there anyone I can tell if I am hungry and do they provide food for me?</li> <li>Do I have toys and games at home? Are they age appropriate/ help me to learn? What is my favourite toy?</li> <li>What do my parents/carers do? Do we spend time together or do our own things?</li> <li>Who talks to me at home? Is this communication positive and encouraging?</li> <li>Who in the family gives me the most positive attention?</li> <li>How is my behaviour managed by my parents/carers?</li> </ol>		
<p><b>Bedtime</b></p> <ol style="list-style-type: none"> <li>Do I go to bed at the same time every night?</li> <li>Who decides when it is bedtime?</li> <li>Does someone help me wash and get ready for bed?</li> <li>Where do I sleep?</li> <li>Do I like where I sleep?</li> <li>Who else is in the house at night time?</li> <li>Do I have my own room or do I share with others?</li> <li>Do I have what I need in my room (bed, curtains, heating)?</li> <li>Do I sleep well at night or do I get up a lot?</li> </ol>		

# 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)



Questions	Responses	Notes (including observations)
<p><b>Medical/Health/Disability</b></p> <ol style="list-style-type: none"><li>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?</li><li>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?</li><li>3. Are my medical and care needs (e.g. medication and moving/handling procedures) met in my childcare setting and consistent with at home?</li><li>4. Am I given my medicine/treatment if I need it?</li><li>5. Are all medical needs being met and treatment instructions being followed?</li><li>6. Is all my equipment maintained and operating effectively?</li><li>7. Are my measurements being recorded (e.g. height, weight and saturation levels) as required by my health professionals?</li><li>8. Am I or my parent/carer sleep deprived as a result of my condition?</li></ol>		
<p><b>Hospital Inpatients</b></p> <ol style="list-style-type: none"><li>1. Am I being visited regularly by my family?</li><li>2. Am I having my social and emotional needs met while I am in hospital?</li></ol>		
<p><b>Pets</b></p> <ol style="list-style-type: none"><li>1. Are there any pets in my family and, if so, are they under control and do they behave appropriately around me?</li></ol>		