



A Day in My Life: Baby

Things to think about when assessing the appropriateness of the daily routine of a baby.

(Adapted from tools developed by Hampshire Safeguarding Children Board)



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Credit: javi_indy

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. Do I wake early or later in the morning? 2. Am I attended to when I wake up or do I have to wait for attention? 3. Who gets me up and ready in the morning? 4. What do they do to help me? 5. Do I share a room with my parent/carer or sibling(s)? 		
<p>Feeding</p> <ol style="list-style-type: none"> 1. Do I like milk from a bottle or am I breastfed? Or both? 2. Am I easy to feed or can it be difficult sometimes? How long does it take for me to have a feed? 3. Do I have my milk at the same time every day? 4. Who gives me my milk and how often do I have it? 5. Do they hold me whilst I am feeding or am I propped in a cot or bouncer? 6. Are my bottles clean and sterilized and who does this? 7. Am I 'burped' during and at the end of feeding? 8. Do I have reflux or a tendency to be sickly? 9. Do I have a choking protocol? Is it adhered to? 10. Am I settled and contented after a feed? 		

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<p>Feeding</p> <ol style="list-style-type: none"> 1. Are there plans to wean me onto food? Have Mum or Dad attended weaning sessions? 2. Do I have eye contact with my carer whilst feeding? 3. have I had repeated episodes of thrush and has medical advice been sought? 		
<p>Dressing</p> <ol style="list-style-type: none"> 1. Who changes my nappy and helps me to get dressed? Is this the same every day? 2. Are my clothes clean and appropriate for the weather? 3. Am I handled correctly when I am changed? 		
<p>Getting to school (if there are school aged children in the house)</p> <ol style="list-style-type: none"> 1. Do I join in on the school-run or does someone else look after me at this time? 2. If I do go to school, how do I get there? 3. Do I stay in the car to wait if my siblings are being dropped off at the classroom? 4. If I stay at home, who looks after me? 		
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<p>During the Day (continued)</p> <ol style="list-style-type: none"> 1. Who feeds me and is this at the same time each day? 2. Is my nappy changed regularly and by whom? 3. Do I like to watch a lot of television? How much TV? 4. Do I like to sit a lot in car seats or in pushchairs during the day? 5. Am I encouraged to explore my environment? If so, can I do it safely? Tummy time? 6. Am I put in walkers/jumperoo's etc.? How long for? 		
<p>Socializing (communication)</p> <ol style="list-style-type: none"> 1. Do I have regular eye contact and communication time with my parent/carer? 2. Does my parent/carer find it easy to understand my needs from my cues, e.g., tired, hungry, in pain, overstimulated? 3. Does my parent/carer encourage my sounds and babbling development? 4. Does my parent/carer respond to my noises or mirror my sounds? 5. Do I respond to their facial expressions when they are trying to talk to me/calm me/play with me? 		
<p>After school (if there is a school age child in the house)</p> <ol style="list-style-type: none"> 1. Do I go to the school to meet my sibling, or do I stay at home? Who looks after me? 2. What happens to me when my sibling(s) are home – do they play with me nicely? 3. Is our carer around to make sure the play is appropriate? 4. Do I join in mealtimes as appropriate to my needs? 		

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<p>Evenings</p> <ol style="list-style-type: none"> 1. Do I have a regular nighttime routine? 2. Do I feed well in the evening? 3. Do I have a bath and if so, how often? 4. Who baths me, and do I bath with any of my siblings? 5. Do I watch TV with any of my family in the evenings? If so, is what I watch okay for my age? 		
<p>Bedtime</p> <ol style="list-style-type: none"> 1. Do I go to bed at the same time every night? 2. Am I put to bed, or do I fall asleep whenever I am tired enough? 3. If I am placed in my cot, do I settle well by myself? 4. Where do I sleep? 5. Do I go to sleep with toys? 6. Am I read a bedtime book? 7. How do I like to sleep (on my back/front)? Am I swaddled? 8. Does my carer use a monitor? 9. Who is normally in the house at nighttime? 10. Are there any toys in my cot? Or bumpers? Do I sleep in a nest? 		
<p>Overnight</p> <ol style="list-style-type: none"> 1. Do I sleep well at night, or do I tend to wake? 2. How often do I wake? 3. What happens when I wake up? 4. Does my carer respond or am I left to cry/self soothe? 5. Do I have feeds during the night? 6. Do I often need a nappy change during the night? 		

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<p>Medical/Health/Disability</p> <ol style="list-style-type: none"> 1. Am I given my medication/treatment as required? 2. Are medical instructions followed? 3. If I have an alternative feeding method (e.g., tube fed) is this appropriately followed? Has this been agreed with all my carers and relevant professionals? 4. Is all my equipment maintained and operating effectively? 		
<p>Medical/Health/Disability (continued)</p> <ol style="list-style-type: none"> 1. Are my measurements being recorded (e.g., height, weight and saturation levels) as required by my health professionals? 2. Am I or my parent/carer sleep deprived as a result of my condition? 3. Does my parent/carer communicate with me in ways which enable me to understand what they are saying? (e.g., for children with sensory impairment or communication needs) 4. Does my parent/carer interact with me in ways which help me to develop? (e.g., for children with sensory impairment or communication needs) 		