



A Day in My Life: Primary School Child

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

(Adapted from tools developed by Hampshire Safeguarding Children Board)



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These questions provide **prompts** for practitioners when engaging in a series of conversations with a parent/carer to explore and understand a **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 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 use an alarm to wake me up or does someone wake me? 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 wait for someone to help me get up if I need it? 5. Do I have to help to get anyone else up? 6. Is there anyone else awake 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. Is there food 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? Who? What age are they and why? 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 school uniform?3. Are my clothes clean, the right size for me, right for the weather?4. Do my shoes fit? Are they right for the weather?5. Does someone help me to get dressed or do I do it myself?6. Do I have water/a toothbrush and does someone help me to brush my teeth?7. Do I need help with anything else? If so, do I get it?8. Are people not nice to me or am I bullied because of how I look and 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?2. How do I get there? Are there busy roads to cross?3. Does someone take me to school, or do I go by myself?4. Do I need to take anyone else to school, i.e. younger siblings?5. Do I tend to arrive at school on time or am I late? If I am late why?6. Do I feel safe going to and from school?		

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<p>At school</p> <ol style="list-style-type: none">1. Do I like school?2. What is my favourite bit? Which bit don't I like so much?3. Do I have any friends there?4. Are my friends the same age or older/younger?5. What do I do at breaks? Do I have a snack? If I don't is that because I don't want to?6. Do I eat school dinners or packed lunch? Am I hungry at school?7. Do I have the right things at school for what I need to do e.g., uniform, coat, wellies, PE kit?8. Do I have a favourite teacher or someone I like to talk to?9. Do I fall asleep in class or struggle to learn /pay attention?10. Do I see anyone for help at school either to help me learn or for my behaviour?11. Is there anyone that I don't like at school or think is mean?12. Have I ever been bullied?13. 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 after school clubs? 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 any 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? Do I send any photo or picture messages? 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. Is my home to school communication book maintained? 12. Do I have to look after anyone else? 13. Is there food available? 14. Does anyone help me get some food? 15. Do I need to get food for anyone else? 16. Do I play out with friends after school? Who and where do we go? 17. Do I like to play with toys? Do I have toys and games at home to play with? 18. Do I take part in any after school activities e.g., sport, clubs, hobbies? 		

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<p>Evenings</p> <ol style="list-style-type: none"> 1. Do I have a meal in the evening and what time is this? 2. Who makes the food? 3. What do I eat? 4. Do I have a favourite food? Do I eat this all the time, or do I try new things? 5. Do I eat with others, or do I eat by myself? 6. Do I eat at the table? 7. Is there anyone I can tell if I am hungry, and do they provide food for me? 8. Do I watch TV and what do I watch? 9. Do I use the internet or social networking sites? What device do I use – laptop/tablet/phone? What Apps do I use, e.g., Instagram, Snapchat? Does anyone check what I am doing on the internet? Are there any parental controls in place? 10. Which sites do I visit online and what do I do? 11. Do I chat online or share any information or pictures? What do I talk about? 12. Do I go out in the evening and, if so, who do I go out with? Where do I go and what do I do there? 13. Do I have to be home by a set time? 14. Does my parent/carer know who I play with? 15. What do I do with my family in the evenings? 16. What do my parents/carers do in the evenings? 17. Do we spend time together or do our own things? 18. How do my parents/carers respond to challenging behaviour? 		

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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. Is my bedtime the right time? Do I feel tired in the morning? 4. Do I have any help in washing and getting ready for bed? 5. Does someone help me to brush my teeth? 6. Do I watch TV before bed? What do I watch? 7. Do I have a snack before bed? 8. Where do I sleep? Do I like where I sleep? 9. Who else is in the house at nighttime? 10. Do I have to look after anyone else at bedtime? 11. Do I have my own room, or do I share with others? 12. Do I have what I need in my room to make me comfortable? (Bed, curtains, bedding)? 		
<p>School holidays/weekends</p> <ol style="list-style-type: none"> 1. What do I do in the school holidays? 2. Do I attend organised activities, e.g., school/educational activities or clubs? 3. Do I have to look after anyone? 4. Do I have chores/jobs to do? If so, what are they? 5. Do my carers look after me during the holidays or are they at work? If at work, where do I go? 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 during the holidays? 9. Is there food to eat at home? Is there someone around to help make food and supervise mealtimes? 		

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<p>Medical/Health/Disability</p> <ol style="list-style-type: none">1. Does someone help me if I need medicine or help with injections?2. If I have an alternative feeding method (e.g., tube fed) is this always followed? Has this been agreed with all the people who work with me and all my carers? Do people know what to do if I choke?3. Are my medical and care needs (e.g., medication and moving and handling procedures) met while at school and consistent with at home?4. 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)5. Does my parent/carer interact with me in ways which help me to develop? (e.g., for children with sensory impairment or communication needs)6. In the school holidays do I attend organised activities and/or short breaks for disabled children?7. Am I given my medicine/treatment if I need it?8. Have all the things been done for my health that need to?9. Does all my medical equipment work?10. Is my height/weight being measured by professionals?11. Am I getting enough sleep? Are my parents/carers getting enough sleep or are they having to stay awake because of my condition?12. Do I sometimes feel sad or want to hurt myself?		

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Questions	Responses	Notes (including observations)
Hospital Inpatients <ol style="list-style-type: none">1. Do my family and friends visit me regularly in hospital?2. Do I talk with others in hospital?3. Is anyone checking out how I am feeling while I am in hospital?4. Do I have access to games?		
Pets <ol style="list-style-type: none">1. Are there any pets in my family and, if so, who looks after them, e.g., feeding, cleaning out, walking?2. Do I have any worries about my pets or how they are cared for?3. Do I like the pets?4. Am I scared of any of the pets?		