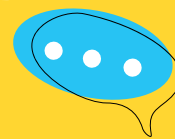


A day in My life: Baby

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

(Adapted from tools developed by
Worcestershire and Hampshire Safeguarding Children's Boards)



These questions provide **prompts** for practitioners when engaging in a series of conversations with a parent or 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 or carer.

It is **not** intended that all questions or 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 and observations

Waking

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 siblings, parent or carer?

Feeding

1. Do I like milk from a bottle, am I breastfed or both?
2. Am I easy to feed or can it be difficult sometimes?
3. How long does it take for me to have a feed?
4. Do I have my milk at the same time every day?
5. Who gives me my milk and how often do I have it?
6. Do they hold me whilst I am feeding or am I propped in a cot or bouncer?
7. Are my bottles clean and sterilised and who does this?
8. Am I 'burped' during and at the end of feeding?
9. Do I have reflux or a tendency to be sickly?
10. Do I have a choking protocol? Is it adhered to?

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 Worcestershire and Hampshire Safeguarding Children's Boards)



Questions	Responses	Notes and observations
Feeding (continued) 11. Am I settled and contented after a feed? 12. Are there plans to wean me onto food? 13. Have Mum or Dad attended weaning sessions? 14. Do I have eye contact with my carer whilst feeding? 15. Have I had repeated episodes of thrush and has medical advice been sought?		
Dressing 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?		
Getting to school (if school aged children in the house) 1. Do I join in on the school-run or does someone else look after me? 2. If I 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?		

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 Worcestershire and Hampshire Safeguarding Children's Boards)



Questions	Responses	Notes and observations
During the Day 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? 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? 6. Do I have tummy time? 7. Am I put in walkers, jumperoo or similar? How long for?		
Socialising (communication) 1. Do I have regular eye contact and communication time with my parent or carer? 2. Does my parent or carer find it easy to understand my needs from my cues, e.g. tired, hungry, in pain, overstimulated? 3. Does my parent or carer encourage my sounds and babbling development? 4. Does my parent or 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 or play with me?		