

Establishing a day in the life of a child



Use these prompts to explore with a child what a day in their life looks like. This helps us to understand the experience of the child, the relationship between the child and their parents and the involvement of the parent in the child's life.

This tool is a direct work conversation aid that will contribute to your ongoing assessment of the child's circumstance. Afterwards you should always complete a case note including an analysis of what the child's responses mean in terms of any impact on them.

Part of the day	Questions	Factors to consider
Waking	<i>"What happens when you wake up in the morning?"</i> <i>"Who is usually awake with you?"</i> <i>"Do you like mornings at home?"</i>	Is the child expected to get themselves up? Is there a regular routine or does it depend on the parent or carer? Does the child have caring responsibilities for siblings or carers?
Breakfast	<i>"What do you usually have for breakfast?"</i> <i>"Who makes breakfast for you?"</i> <i>"Do you get to choose what you eat?"</i>	Is there food in the house? Who prepares breakfast? Does the child have a choice? Are they given money to buy food on the way to school? What do they tend to buy? Do they attend a breakfast club?
Dressing	<i>"How do you get ready for the day?"</i> <i>"Do you dress yourself or does someone help you?"</i> <i>"Do you wash and brush your teeth before school?"</i>	Are clothes clean and in good repair? Does the child have their own clothing? If school uniform needed, is it available and clean? Are washing facilities available and supervised?

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Getting to school	<i>"How do you get to school?"</i> <i>"Who goes with you?"</i> <i>"What's your journey like?"</i>	Who is responsible for getting the child to school? Does the child have to take siblings? Are there safety concerns (busy roads, bullying)?
In school	<i>"What do you like most about school?"</i> <i>"Is there anything you don't like?"</i> <i>"Who are your friends?"</i> <i>"What do you do at break time?"</i> <i>"Has anyone ever been unkind to you?"</i>	Relationships with peers and staff? What do they enjoy? What do they find difficult? Any bullying concerns? Emotional wellbeing at school – how enthused are they when talking about school?
After school	<i>"What do you do when school finishes?"</i> <i>"Who do you see after school?"</i> <i>"Do you have a snack or something to eat when you get home?"</i> <i>"Do you have homework? How do you feel about it?"</i>	Is the child collected on time? How do they get home? Are they responsible for siblings? Is food available when they get home? Or do they snack on the way home? Are they supervised?

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Evenings	<i>"What do you usually have for dinner?"</i> <i>"Who do you eat with?"</i> <i>"What do you do after dinner?"</i> <i>"Do you watch TV or go online? What do you like to do?"</i> <i>"Do you spend time with your family?"</i>	Food availability and quality? Family interaction – Who joins them for dinner? Do adults and children eat separately? Supervision of online activity? Opportunities for play and attention – where are the parents in the evenings?
Bedtime	<i>"What time do you usually go to bed?"</i> <i>"Where do you sleep? Do you like it there?"</i> <i>"What do you do before bed?"</i>	Bedtime routine and hygiene? Sleeping arrangements? Safety and supervision at night?
Weekends or Holidays	<i>"What do you like to do when you're not at school?"</i> <i>"Do you see friends?"</i> <i>"Do you help with anything at home?"</i>	Any caring responsibilities? Supervision? Access to food and activities? Social opportunities?