

A day in my life: Pre-school child

Things to consider when reviewing a pre-school child's daily routine

(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 pre-school child'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. What time do I normally wake up?
2. Do I normally sleep well? Am I kept awake by a television or music or anything else?
3. Do I wet the bed? If so, is there someone to help me?
4. Does someone help me get up or do I get myself up?
5. Do I have to get anyone else up?
6. Is there anyone else up when I get up?
7. Are my mornings the same or are they different every day?

Breakfast

1. Do I eat breakfast in the morning? What food is available? Is the food a healthy and suitable breakfast option?
2. What do I like to have? Is it the same every day or different?
3. Does someone make my breakfast for me or is there someone to help me make breakfast?
4. Do I eat breakfast with other people in my family or where I am cared for or by myself?

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Dressing 1. Do I have enough clothes? Are my clothes clean, the right size for me, right for the weather? 2. Does someone help me to get dressed or do I do it myself? 3. Are my shoes the right size? Do I get my feet measured? 4. Am I able to get dressed or undressed? Can I put on and take off simple clothing like coats, shoes, or trousers? Do I try to do this myself or wait for help? 5. Can I manage fastenings like zips, buttons, or Velcro? Am I beginning to try these skills? Do I need support or encouragement?		
Independence and self-care skills 1. Am I learning to use the toilet or potty? Do I let someone know when I need to go? Am I able to use the toilet during the day on my own or do I need some help or reminders? 2. Can I wash and dry my hands by myself? Do I remember to wash my hands at the right times, like after the toilet or before food? Do I need support to do this? 3. Do I have my own toothbrush and the correct toothpaste for my age? Am I learning to brush my own teeth? Does someone supervise me when I am doing this and brush them with me so they are all clean?		

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Independence and self-care skills (continued) 4. Do I take part in getting ready for my day? For example, helping to choose my clothes, getting ready for nursery, or putting my belongings together? 5. Am I able to feed myself? Can I use a spoon or fork? Am I learning to use cutlery to cut my food? Do I need help during mealtimes and if so, who helps me? 6. Do I drink out of a cup and have a water bottle that is suitable for my age and stage of development? 7. Do I drink water or do I drink lots of sugary drinks? 8. Do I begin to show confidence in doing things by myself? Do I try new things? How do I respond if I find something difficult? 9. Do I understand and follow simple routines? For example, tidying up toys, getting ready for bed, or following instructions at nursery? 10. How do I respond when I need help? Do I ask for help, or do I become upset or frustrated?		
Childcare and education 1. Do I go to any childcare settings – pre-school, nursery or childminder? How far away is it from where I live? How do I get there? Who takes me and picks me up? Is it the same people every day or does it change regularly?		

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Childcare and education (continued) 2. Do I attend my setting everyday (on the days I am supposed to)? 3. Do I arrive at my setting on time or am I usually running late? 4. Do I arrive at my setting with everything I need such as a water bottle, packed lunch, clean change of clothes, sunhat, suncream)? 5. Do I have meals at my childcare setting? Do I tend to eat them well? 6. 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? 7. Do I see anyone for extra help with my behaviours or my development when I am in the setting? For example portage or speech and language. 8. Does my setting provide me with activities which support my development or transition readiness. Do my carers use these with me too? 9. Are my basic care needs (for example rest, hygiene, comfort, emotional support) being met so I can settle well and participate in activities? 10. Do my parents or carers and key workers communicate regularly and work together to support my learning and development? 11. Do my parents or carers attend meetings, reviews, or events at my setting to understand and celebrate my progress?		

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Childcare and education (continued) 12. Are my parents or carers excited and involved in my learning at home as well as in the setting? Do I enjoy learning new skills? What helps me feel proud or confident when I try something new 13. Have my parents or carers planned ahead for my next stage of learning (for example applying for a Primary School place)? 14. Do I feel safe, secure, and valued within my home and my setting environment? 15. Does my setting notice and respond to my individual needs, interests, and stage of development. Are my parents or carers interested in any important information? 16. Are there clear routines in place that help me feel settled and understand what will happen each day?		
At home 1. 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? 2. Do I have any siblings? How is our care split between us? 3. Do I watch television or use an iPad or Mobile Phone, and if I do, is what I watch suitable for my age and how long do I watch or have access to these devices for? 4. What type of food do I eat at home? Do I have regular meals? Are they healthy, balanced and nutritious.		

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At home (continued) 5. Who makes my meals for me? Are the foods I eat prepared suitably to avoid risks of choking? 6. What is my favourite food? Do I eat the same food all the time or do I try new things? 7. Do I eat with others, and at the table, or do I eat by myself? 8. Is there anyone I can tell if I am hungry or thirsty, and do they provide healthy, balanced and nutritious food and drinks for me? 9. Do I have toys and games at home? Are they age appropriate and do they help me to learn? What is my favourite toy? 10. Do I have story books of my own or access to story books? Are they age appropriate? Who reads and shares stories with me? 11. What do my parents or carers do? Do we spend time together or do our own things? 12. Who talks to me at home? Is this communication positive, kind and encouraging? 13. Who in the family gives me the most positive attention? 14. How is my behaviour managed by my parents or carers? 15. Is my home clean and tidy? Are there carpets, curtains, furniture? Is there any mould or damp? 16. Do I have other family members or friends I look forward to visiting?		

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Bedtime (continued) 7. Do I sleep well at night, or do I get up a lot? 8. Do I have any comfort items to help me get to sleep (for example a dummy, soft toy, favourite blanket)?		
Pets 1. Are there any pets in my family and, if so, are they under control and do they behave appropriately around me to keep me safe? 2. Are there spaces for pets to go so I can't reach them? 3. Am I supervised with pets in my home or am I left alone with them? 4. If the pets in my home has a toileting accident in the home, is it cleaned up? Is any mess collected from the garden regularly so I can play safely there?		
Health and development 1. Do I have a health visitor, GP and dentist? 2. Do I attend all my medical and dental appointments? 3. Have I been given health and development checks from my health visitor? 4. Do the adults who take care of me make sure I am up to date with my immunisations, or is there a clear reason from my carers or Doctor if I am not up to date with immunisations?		

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Health and development (continued) - Am I reaching my age-appropriate milestones? - Do I receive support from other services to achieve my developmental potential and do always attend these appointments?		
Medical, health and disability - If I have an alternative feeding method (for example tube fed) is my routine consistently followed? Has this been agreed with all my parents or carers and medical professionals? Do people know what to do if I choke? - 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? - Are my medical and care needs (for example medication and moving or handling procedures) met in my childcare setting and consistent with at home? - Am I given my medicine or treatment if I need it and at the right time? - Are my medical needs being met and treatment instructions being followed to keep me well? - Is all my equipment maintained and operating effectively? - Are any of my measurements being recorded (for examples height, weight and saturation levels) as required by my health professionals?		

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Medical, health and disability (continued) 8. Does any medical condition affect the sleep patterns for me or my parents or carers, and what support might help? 9. Do my parents or carers have additional or complex needs and how does this impact upon me? 10. Do my parents or carers have any current or historical mental health needs?		
Hospital inpatients 1. If I am ever in hospital, am I being visited regularly by my family? Is someone staying with me? 2. Am I having my social and emotional needs met while I am in hospital?		

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At home (continued) 17. Are items belonging to adults like medication, tools, gardening equipment and heavy items kept safely away from me? 18. Do I visit the park, have family days out, have family celebrations or family holidays? 19. Do I play outside? Is this safe? Is someone with me when I'm playing outside or do I play outside on my own? 20. Do I have lots of visitors to my home, do I know who they all are, am I supervised when visitors are in my home or am I left alone with them?		
Bedtime 1. Do I go to bed at the same time every night? Who decides when it is bedtime for me? 2. Does someone help me wash and get ready for bed? 3. Do I have suitable clothes to sleep in? 4. Where do I sleep? Is there clean bedding? Do I like where I sleep? 5. Who else is in the house at night-time? Do I know who they are? 5. Do I have my own room or do I share with others? 6. Do I have what I need in my room (bed, curtains, heating)?		