# Oxfordshire County Council Logo Oxfordshire Safeguading Children Board Website

# Day in my Life: Child

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| **Questions** | **Responses** | **Notes** |
| Waking up in the morning  1. Do I use a clock to get up? 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 get anyone else up? 5. Is there anyone else up when I get up? 6. Who else is at home when I get up? Is it the same people every day? 7. Are my mornings the same or is it different every day? 8. If I need medicine, does someone help me take it? 9. Who would help me if I did not feel well? |  |  |
| Breakfast  1. Is there food available for breakfast? Where is it kept? Do I need to get it myself? 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 get breakfast myself? 4. Do I need to make breakfast for other people? 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 or somewhere else? |  |  |

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| **Questions** | **Responses** | **Notes** |
| Dressing  1. Do I have enough clothes and are they clean and dry? 2. Do I have the right clothes for nursery or school, are they clean and do they fit well? 3. Do I have comfortable shoes that fit? 4. If I need other clothes for school, activities, or sports, do I have them and do they fit? 5. Do I have enough outer clothes to keep me warm and dry? 6. Does someone help me get dressed or do I do it for myself? 7. Do I have to get someone else dressed, do I have to wash or help someone else? 8. Do I have what I need to wash and brush my teeth? Does someone help me with this? 9. Do I like my clothes? Do they make me feel happy about myself? Does anyone ever make comments about my clothes being dirty, old, or not fitting well? |  |  |
| Getting to school  1. Do I go to school? How far away is it? How do I get there? Does someone take me to school, or do I go by myself? 2. Do I feel safe going to school? Are there busy roads to cross or other problems on the way? 3. Do I need to take anyone else to school like younger siblings, or chores to do on the way? 4. Do I tend to arrive at school on time or am I late? 5. What is good about my journey to school, what is not so good about my journey to school? |  |  |
| In school  1. Do I like to go to school? 2. What is my favourite bit of school? 3. Which bit do I not like so much? 4. Who is the person I can talk to at school if I am worried about something? 5. Do I have any friends there? Are they the same age as me or older or younger? 6. What do I do at breaks? Who do I play with? Do I have a snack? 7. Do I eat school dinners or packed lunch? Am I ever hungry at school? 8. Do I have the right things for school - uniform, coat, wellingtons, PE kit? 9. Do I have a favourite teacher or someone I like to talk to? 10. Do I ever fall asleep in class or struggle to concentrate? 11. Do I see anyone for help at school – ELSA, school counsellor, support worker etc? 12. Is there anyone that I do not like at school or think is mean? 13. Do I have difficulties with anyone else at school being mean to me? 14. Do I go on school trips? |  |  |

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| **Questions** | **Responses** | **Notes** |
| After school  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 activities or clubs? 3. Does someone meet me at the end of the day and take me home? 4. Do I ever go to friends’ houses after school? or somewhere else? 5. Is there anyone at home when I get home? 6. Do I watch TV or use the internet, phone or tablet when I get home? Who tells me what is okay to watch and answers my questions? 7. Do I play games when I get home? Who do I play them with? Is anyone checking the games are right for me or playing with me? 8. Do I use social media or talk to other people online and do I know who they are? 9. Do I have my own mobile phone? Does it work well and do everything I need? Do I talk with my parents about everyone I message on it? 10. How often do I have homework? Does anyone help me with it? 11. Can I do my homework OK? Who checks that it has been done? 12. Do I have to look after anyone else? 13. Is there food If I want it? Does anyone help me get food? Do I need to get food for anyone else? 14. Do I play out with friends after school? Who do I play with and where do we go? 15. Do I like to play with toys or games, or spend time with pets, parents, siblings? |  |  |
| YOU GOT TO HERE  1. Do I have regular eye contact, chat, babble, and communication time with my carer? Does my carer understand that this is very important for me even very early on in my life? 2. Does my carer find it easy to understand my needs from my cues (e.g., tired, hungry, in pain, overstimulated)? 3. Does my carer encourage my sounds and babbling development? 4. Does my carer respond to my noises or mirror my sounds? 5. Do I respond to my carer’s facial expressions when they are trying to calm me / talk to me / play with me? |  |  |

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| **Questions** | **Responses** | **Notes** |
| After school (if there is a school age child in the house)  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 safely? 3. Is our carer around to make sure the play is kind and careful? 4. Do I join in mealtimes? |  |  |
| Evenings  1. Do I have a regular night-time 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? 6. If so, is what I watch right for my age? |  |  |
| Bedtime  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)? 8. Does my carer use a monitor? 9. Who is normally in the house at night-time? 10. Is my room darkened by curtains or a blind? |  |  |

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| Overnight  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? 7. Where do the pets sleep in the house? 8. Is the place I sleep comfortable? (Dark, quiet, not too cold or too hot) |  |  |
| Crying  1. Does my carer attend to me as soon as I start to cry? 2. Do I respond well to a cuddle and soothing words? |  |  |
| Illness  1. When I am poorly who looks after me? 2. When I am poorly does my carer get advice, and do they follow it? 3. Am I taken to all my appointments with the Health Visitor or Doctors? 4. Am I up to date with all my vaccinations? |  |  |

Question list can be edited, extended, or reduced to suit family circumstances.

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Oxfordshire Family Solutions