

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.



These questions provide prompts for practitioners when engaging in a series of conversations with the child and/or their parent/carer to explore and understand their lived experience. The questions can be selected as appropriate and adapted to suit the communication needs of the child and their parent/carer. It is not intended that that all sections are answered in a single conversation. Information provided will need to be triangulated with the direct observations of practitioners and information from a range of sources.

Questions	Responses	Notes (including observations)
Waking 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? Who else is at home when I get up? 7. Are my mornings the same or is it different every day? 8. If I need medicine, does someone help me take it? If yes, who helps me?		
Breakfast 1. Is there food available 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?		

(Adapted from tools developed by Hampshire Safeguarding Children Partnership (HSCP) and the Isle of Wight Safeguarding Children Partnership (IOWSCP))

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Dressing <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. Do I think I look ok in my clothes? Do I have a positive body image? Do I think I look fat/thin in my clothes? Do I get bullied or picked on because of how I look or what I wear? 		
Getting to school <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 brothers/sisters? 5. Do I usually 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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In school <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, pencils, books? 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? 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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After school <ol style="list-style-type: none"> How do I get home from school? Do I go home at the end of the school day or do I go to after school clubs? Does someone meet me at the end of the day and take me home or do I go to friends' houses or somewhere else? Is there anyone at home? Do I watch TV and, if so, is what I watch okay for my age? Does anything I watch scare or upset me? If so, why is it scary/upsetting? 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? Do I have a Facebook account or other social media account? 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? Do I have homework to do and does anyone help me with it? Do I like doing my homework? Does anyone check that I have done it? How does the school communicate with my parents/carers about any problems and/or my progress at school? Do I have to look after anyone else? Is there food available? Does anyone help me get some food? Do I need to get food for anyone else? Do I play outside with friends after school? Who and where do we go? Do I like to play with toys? Do I have toys and games at home to play with? Do I take part in any after school activities e.g. sport, clubs, hobbies? 		

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Evenings <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? Does anyone check the apps that I use? 10. Do I chat online or share any information or pictures? What do I talk about? 11. 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? 12. Do I have to be home by a set time? 13. Does my parent/carer know who I play with? 14. What do I do with my family in the evenings? 15. What do my parents/carers do in the evenings? 16. Do we spend time together or do our own things? 17. How do my parents/carers respond to bad behaviour? 		

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Questions	Responses	Notes (including observations)
Bedtime <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 night time? 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, clean bedding)? 		
School holidays/weekends <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 have school dinners, what happens during school Holidays? 9. Is there food to eat at home? Is there someone around to help make food and supervise meal times? 		

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Things to think about when assessing the appropriateness of a pre-school child.



Questions	Responses	Notes (including observations)
Medical/Health/Disability <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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Pets 1. Do we have pets in the house? Am I protected from any pets? Am I left alone unsupervised with any pets? 2. Where do the pets sleep in the house? 3. Do I have any concerns about the care of the pets? 4. Do I like the pets? 5. Am I scared of any of my pets?		
Additional Considerations 1. Do I have any additional or complex needs (e.g. do I have a physical or learning disability; poor mental health; am I an asylum seeker or have been trafficked or am I a young carer) which can impact on my life? 2. Do I need additional support to help me reach my full potential, and if so, do I get that support? 3. Could a day in my life be improved, and if so how? 4. Do my parents have additional or complex needs and how does this impact upon me?		

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