

Day in My Life (Pre-School Child)

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

Waking up in the morning

- What time do I normally get up?
- Do I normally sleep well? Am I kept awake by TV or anything?
- Do I wet the bed? If so is there someone to help with the sheets?
- Does someone help me get up or do I get myself up?
- Do I have to get anyone else up?
- Is there anyone else up when I get up?
- Are my mornings the same or is it different every day?

Breakfast

- Do I eat breakfast in the morning? What food is available? What do I like to have? Is it the same every day or different?
- Is there someone to help me make breakfast?
- Do I eat my breakfast with others or by myself?
- Do I eat my breakfast at the table or in front of the TV?

Dressing

- Do I have enough clothes?
- Are my clothes clean, the right size for me, right for the weather?
- Does someone help me get dressed or do I do it myself?
- Do I have water/a toothbrush and does someone help me to wash and brush my teeth?

Childcare

- Do I go to any childcare settings – pre-school / nursery / childminder? How far away is it? How do I get there? Who takes me / picks me up? Is it the same people each day or does that change regularly?
- Do I attend appropriate and relevant activities for my development such as short breaks for disabled children.
- Do I tend to arrive at my setting on time or am I late?
- Do I have meals at my childcare setting? Do I tend to eat them well?
- Do I like my setting? Do I settle well there? Do I interact well with other children there? What do I like doing when I am there?

At home

- 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?
- Do I have any siblings? How is care split between us?
- Do I watch TV and if so, is what I watch okay for my age?
- What type of food do I eat at home? Do I have regular meals? Who makes them for me? What is my favourite food? Do I eat that food all the time or do I try new things?
- Do I eat with others, and at the table, or do I eat by myself?
- Is there anyone I can tell if I am hungry and do they provide food for me?

- Do I have toys and games at home? Are they age appropriate / help me to learn? What is my favourite toy to play with?
- What do my carers do? Do we spend time together or do our own things?

Bedtime

- Do I go to bed at the same time every night?
- Who decides when it is bed time?
- Does someone help me wash and get ready for bed?
- Where do I sleep?
- Do I like where I sleep?
- Who else is in the house at night time?
- Do I have my own room or do I share with others?
- Do I have what I need in my room (bed, curtains, warm floors)?
- Do I sleep well at night or do I get up a lot?

Medical / Health (Can apply at any time of the day or night)

- Have I had my medication / treatment as required?
- Have I been brought to my medical appointments?
- Have medical professionals instructions been adhered to?
- Is all my equipment maintained and operating effectively?
- Are my measurements being recorded (e.g. height, weight & saturation levels) as required by my health professionals?
- Am I or my carer's, sleep deprived as a result of my condition?

For inpatient children

- Am I being visited regularly and appropriately by my family?
- Am I having my social and emotional needs being met while I am in hospital?