

## **Day in My Life (Primary School Child)**

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

### **Waking up in the morning**

- Do I use a clock to get up?
- What time do I normally get up?
- Does someone help me get up or do I get myself up?
- Do I have to wait for someone to help me get up if I require it?
- Do I have to get anyone else up?
- Is there anyone else up when I get up?
- Who else is at home when I get up?
- Are my mornings the same or is it different every day?
- If I need medicine or other interventions, does someone help me with them?

### **Breakfast**

- Is there food available in the cupboard for breakfast?
- Do I eat breakfast in the morning? What do I like to have? Is it the same every day or different?
- Is there someone to help me make breakfast or do I do it myself?
- Do I need to make breakfast for other people?
- 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? Do I have the right school uniform?
- Are my clothes clean, the right size for me, right for the weather?
- Do my shoes fit? Are they 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?
- 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**

- Do I go to school? How far away is it? How do I get there? Are there busy roads to cross? Does someone take me to school or do I go by myself?
- Do I need to take anyone else to school i.e. younger siblings?
- Do I tend to arrive at school on time or am I late?

### **In school**

- Do I like school?
- What is my favourite bit? Which bit don't I like so much?
- Do I have any friends there?
- Are my friends the same age or older/younger?
- What do I do at breaks? Do I have a snack?
- Do I eat school dinners or packed lunch? Am I hungry at school?
- Do I have the right things for school – uniform, coat, wellingtons, PE kit?
- Do I have a favourite teacher or someone I like to talk to?

- Do I fall asleep in class or struggle to concentrate?
- Do I see anyone for help at school either for my development or behaviour – ELSA, school counsellor, support worker etc?
- Are my medical and care needs (e.g. medication and moving and handling protocols) appropriately met while at school and consistent with at home?
- Is there anyone that I don't like at school or think is mean?
- Have I ever been bullied?
- Do I go on school trips?

### **After school**

- How do I get home from school?
- Do I go home at the end of the school day or do I go to afterschool 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?
- Do I play any video games? Do I play online? Does anyone supervise me when I play online? Do I play with 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 photos 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?
- Is my home to school communication book maintained?
- 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 out 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?

### **Evenings**

- Do I have a dinner in the evening and what time is this?
- Who makes the food?
- What do I eat?
- Do I have a 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 watch TV and what do I watch?
- Do I use the internet or social networking sites? What device do I use – laptop / tablet / phone? Does anyone check what I am doing on the internet / are there any parent controls?
- What sites do I visit online and what do I do?
- Do I chat online or share any information or pictures? What do I talk about?
- Do I go out in the evening and if so, who do I go out with? Where do I go and what I do there?
- Do I have to be home by a set time?
- Does my carer know who I play with?
- What do I do with my family in the evenings?
- What do my carers do?
- Do we spend time together or do our own things?
- Is there an appropriate behaviour management plan in place and is this adhered to?

## **Bedtime**

- Do I go to bed at the same time every night?
- Who decides when it is bed time?
- Is my bedtime appropriate to my needs?
- Does someone help me wash and get ready for bed?
- Does someone help me to wash and brush my teeth?
- Where do I sleep? Do I like where I sleep?
- Who else is in the house at night time?
- Do I have to look after anyone else at bed time?
- Do I have my own room or do I share with others?
- Do I have what I need in my room (clean bed, curtains, warm floors)?

## **School holidays/weekends**

- What do I do in the school holidays?
- Do I attend appropriate and relevant activities for my development such as short breaks for disabled children.
- Do I have to look after anyone?
- Do have chores / jobs to do? If so what are they?
- Do my carers look after me during the holidays or are they at work? If at work where do I go – to holiday camps or friends houses?
- Is there anyone else who looks after me?
- Do I go on days out and play with friends?
- If I get free school meals during the term what happens in the holidays?
- Is there food to eat at home? Is there someone around to help make food and supervise mealtimes?

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

- Have I had my medication / treatment as required?
- Am I 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?