**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?
* If I have an alternative feeding protocol (e.g. tube fed) is this protocol appropriately adhered to? Has this been confirmed with relevant professionals?
* Do I have a Choking protocol? Is it being adhered to?
* 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 need appropriate assistance as a result of my additional needs with my personal hygiene over and above age related expectations?
* 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?
* Does my carer attempt to communicate with me in ways which are useful to me? (E.g. for children with sensory impairment or social communication needs)
* Does my carer stimulate me in ways which are supportive of my development? (E.g. for children with sensory impairment or social communication needs)

**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?
* 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?