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| **Questions** | **Responses** | **Notes** |
| **Waking**   * What does a typical morning look like for me? * What time do I wake up? Who is there to care for me? Do I have to wait? * Who gets me up and ready in the morning? * What do they do to help me? * Do I have curtains/blinds in my room and are they pulled open in the morning? |  |  |
| **Feeding**   * What do I eat or drink? * Am I easy to feed or can it be difficult sometimes? * When do I have my meals/milk? Is this the same or different each day? Who gives me my milk/meals? and how often do I have these? * Am I held whilst I am feeding, or am I propped in a cot or bouncer? * Are my bottles clean and sterilised and who does this? * When I am feeding, is it easy to burp me? How often do I need ‘burped’? * Do I have reflux or a tendency to be ‘sickie’? * Am I settled after my feed? * Are there plans to wean me onto food? * When I am being fed, does the person look at me and talk to me? What do they do? * If I’ve struggled with feeding, has anyone asked for help? Who did they ask for help? |  |  |
| **Dressing**   * Who changes my nappy and helps me to get dressed? Is this the same every day? * Are my clothes clean and right for the weather outside? |  |  |
| **Questions** | **Responses** | **Notes** |
| **Getting to school (if there are school age children in the house)**   * Do I join in on the school-run or does someone else look after me during this time? * If I do go to school, how do I get there? * Do I stay in the car to wait if my brother or sister are being dropped off at the classroom? * If I stay at home, who looks after me? * What happens if I need fed on the school run? |  |  |
| **During the day**   * What’s my favourite thing to do during the day? * Who do I spend the most time with and where do they take me? * Do I spend time with other children my age? Where do I see them? * What are the toys I enjoy playing and learning with? Who plays with me? * Do I nap during the day? How often and when? * Do I like to sleep at home in my cot, or out in my buggy or car seat? * Who feeds me and is this at the same time each day? * How do you know I need my nappy changed? and who changes this? * What is the longest I can go without my nappy being changed? * Do we have any pets in the house? * Do I have any worries about being around pets? If yes, how am I kept safe? Am I ever left alone with any pets? * Do I like to watch a lot of television? * During the day, how often and how long do I spend in my car seat or pushchair? * Can I explore where I live? What is the biggest worry for my |  |  |
| **Questions** | **Responses** | **Notes** |
| **During the day continued**  safety when I’m exploring? What is in place to keep me safe when I explore? |  |  |
| **Socialising & Communication**   * Do I have lots of eye contact, holding, smiles and talking time with those who are looking after me? * If I am crying, do the people who look after me understand what I might need? (tired, hungry, in pain, overstimulated) * Does the people who look after me/my parent encourage my sounds and babbling development? * Do the people who look after me respond to my noises or mirror my sounds? * Do I respond to their facial expressions when they are trying to calm me / talk to me / play with me? |  |  |
| **After school (if there is a school age child in the house)**   * Do I go to school to meet my brother or sister or do I stay at home? Who looks after me? * What happens to me when my brother/s/ sister/s are home – do they play with me nicely? * Are the people/parents who look after me around to make sure the play is safe? * Do I join in mealtimes? |  |  |
| **Bedtime**   * What does a typical bedtime looks like in your house? * Do I go to bed at the same time every night? * Am I put to bed or do I fall asleep whenever I am tired enough? * Where do I sleep? * If I am placed in my cot, do I settle well by myself? * If I am unsettled, does someone come to me to see what I need? |  |  |
| **Questions** | **Responses** | **Notes** |
| **Bedtime continued**   * Do I go to sleep with toys? * Am I read a bedtime book? * How do I like to sleep (on my back / front)? * Is there a monitor that gets used when I’m sleeping? * Who is normally in the house at night-time? * Is my room darkened by curtains or a blind? |  |  |
| **Overnight**   * Do I sleep well at night or do I tend to wake? * How often do I wake? * What happens when I wake up? * Do the people who look after me respond or am I left to cry / self-soothe? * Do I have feeds during the night? * Do I often need a nappy change during the night? * Where do the pets sleep in the house? | **Responses** | **Notes** |
| **Crying**   * When I am crying who comes to check I am ok, what do they do? * Do I enjoy a cuddle and soothing words? |  |  |
| **My Health and Development**   * When I am poorly who looks after me? * When I am poorly does the person who looks after me get help, from who, and how does this help? * Am I taken to all my appointments with the Health Visitor or Doctors? * Am I taken for all my immunisations? * Do I have complex health needs? * Am I achieving my age-appropriate milestones? Do I receive support from other services to achieve my developmental potential and do always attend these appointments? |  |  |

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