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| **Questions** | **Responses** | **Notes** |
| **Waking up in the morning** * What time do I normally get up?
* Do I normally sleep well? If I don’t sleep well, what can cause this?
* Do I wear nappies through the night? If not do I have any accidents? If so, what happens?
* Does someone help me get up or do I get myself up?
* Is there anyone else up when I get up, do I have to get anyone else up?
* Describe what my morning looks like? Is this the same or different each day?
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| **Breakfast*** Do I eat breakfast in the morning, what do I have for breakfast?
* How do I get my breakfast, and does anyone help me?
* Where do I eat breakfast and who with?
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| **Dressing*** Do I have clean clothes that fit, are they right for the weather outside?
* Does someone help me get dressed or do I do it myself?
* Do I have help every morning to wash and brush my teeth?
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| **Childcare*** Do I go to any childcare settings, do I walk or drive, who takes and picks me up?
* 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?
* What do I like best about where I go to? How am I when I get picked up and dropped off? Describe how I am with other children? What are my favourite activities?
* Do I see anyone for extra help in the setting i.e. Portage?
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| **Questions** | **Responses** | **Notes** |
| **Health and Development*** Do I have access to a health visitor, GP and dentist?
* Have I received my health and development checks from my health visitor?
* 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?
* Am I able to communicate/express my thoughts and feelings?
* Do I attend all my medical appointments?
* What happens when I am ill?
* Do I get taken to the doctor or dentist if I need them?
* Do I have any complex health needs?
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| **Home and Family** * How much time do I spend at home? Who are the people who look after me, and what relation are they to me?
* Do any other children live in the house? What relation are they to me? How do the people who look after me manage to look after us all?
* Do I watch TV, and if so, is what I watch okay for my age?
* Do I have regular mealtimes in the home or out of the home?
* Do I sit with others in my household for meals?
* If I am hungry, what would the people look after me do?
* Do I have toys and games at home, are they age-appropriate / help me to learn, what is my favourite toy to play with?
* Tell me what activities I do at home and who is involved with these activities?
* Do the people who look after me need any extra support for their own health and wellbeing, and do they engage well?
* Have I moved with my family from another country because it was unsafe to live there? Do we have support from other services that are aware?
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| **Questions** | **Responses** | **Notes** |
| **Home and family continued*** Who are the most important people in my life? How often do I see them?
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| **Bedtime*** Describe what my bedtime is like? Who helps me get ready?
* Do I have a set bedtime?
* Do I brush my teeth before I go to bed? Do I need help to do this?
* 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, do I share with others, where do I sleep?
* 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?
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| **Additional Considerations*** Do I have any additional or complex needs (i.e. 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?
* Do I need additional support to help me reach my full potential, and if so, do I get that support?
* Could a day in my life be improved, and if so, how?
* Do my parents have additional or complex needs and how does this impact upon me?
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***July 2025***