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| **Questions** | **Responses** | **Notes** |
| **Waking up in the morning**   * Who or what helps me get up in a morning? * What time do I normally get up? * 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? * Who else is at home when I get up? * Are my mornings the same or is it different every day? * If I need medicine, does someone help me take it? |  |  |
| **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? * Who do I eat with? * Where in the house do I eat? |  |  |
| **Dressing**   * Do I have enough clothes? * Are my clothes clean, the right size for me, and right for the weather outside? * Do I have the clothes I need for school? * 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 to get someone else dressed, do I have to wash someone else? * What do I use to brush my teeth? Do I need help with this, or do I brush my own teeth? * Do I think I look ok in my clothes? |  |  |
| **Questions** | **Responses** | **Notes** |
| **Dressing continued**   * What are the best things you see when you look in the mirror? * 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 usually arrive on time or am I sometimes late? * What is good about my journey to school, what is not so good about my journey to school? |  |  |
| **In School**   * Do I like school? * Tell me the best thing about school? * Which bit do I not 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 lunches? Am I hungry at school? * Is my school equipment working and what I need for the school day? * 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 – learning support, school counsellor, support worker etc? * Is there anyone that I do not like at school or think is mean? * Have I ever been bullied? * Do I go on school trips? |  |  |
| **Questions** | **Responses** | **Notes** |
| **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 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? * 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 with friends after school? Who and where do we go? * Do I like to lay with toys? * Do I have toys and games at home? |  |  |
| **Evenings**   * Do I have set mealtimes? Who makes the food? Who do I eat with? Where in the house do I eat? * Do I have a favourite food? Do I eat that food all the time or do I try new things? * Is there anyone I can tell if I am hungry, and do they provide food for me? |  |  |
| **Questions** | **Responses** | **Notes** |
| **Evenings continued**   * 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 parental controls? How much of my evening is spent on TV or computer or social media? * 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? * If I have any worries, can I talk to a trusted adult about these? * What do the people who look after me do in the evening? * Do we spend time together or do our own things? * Do I have anyone my own age to talk to, how often? |  |  |
| **Bedtime**   * What time do I go to bed? Is this the same every night? * Who decides when it is bedtime? * Tell me what you do before bed? * Do you wash and brush your teeth? Do you need any help with this or not? * 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 bedtime? * Do I have my own room, or do I share with others? | **Responses** | **Notes** |
| **Questions** | **Responses** | **Notes** |
| **Bedtime continued**   * Do I have my own bed, is my bed comfortable? * Do I get disturbed when I go to sleep? * Does someone respond if I wake up and I am frightened or need something? * Do I have what I need in my room (clean bed, curtains, warm floors)? * Tell me what is the best thing about your bedroom? If you could make any changes, what would they be? |  |  |
| **My Health and Development**   * Who helps me keep healthy ? * Do I have access to a health visitor, GP and dentist? * Do the people who care for you take you to appointments when you need to go? dentist, doctor? * Have I received my health and development checks from my health visitor/school? * Do I receive support from other services to achieve my developmental potential and do I always attend these appointments? * Am I able to communicate/express my thoughts and feelings? * What happens when you are feeling unwell? Who helps you? * Does someone stay with you when you are ill can cannot go to school? * Do I have any additional health or complex needs (i.e. do I have a physical or learning disability; poor mental health; |  |  |
| **School holidays / weekends**   * What do I do in the school holidays? * Do I have to look after anyone? |  |  |
| **Questions** | **Responses** | **Notes** |
| **School holidays / weekends continued**   * Do have chores/jobs to do? If so, what are they? * Is there anyone else that looks after me during the holidays? * Do the people who look after me know where I am, how do I know when it is time to go home? * Is there anyone else who looks after me? * What activities do you do during the holidays? Who do you spend time with? * If I get free school meals during the term what happens in the holidays? * Is there food to eat at home? * Who helps make food and who is around when I’m eating? |  |  |
| **Additional Considerations**   * 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? | **Responses** | **Notes** |

***July 2025***