**A Day in My Life – Prompt Areas to Cover**

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| **Morning**  How do they get up in the morning?   * What time do they wake, or get woken up? * Who makes sure everyone is up in time? * Is there a regular routine? * Does the child take responsibility for other siblings or for parents/carers?   Do they have anything to eat?   * Is there usually something to eat for breakfast in the house? * What is their favourite thing to eat for breakfast? * Who makes breakfast? * Does the child buy something on the way to school? * Does the child go to breakfast club at school? Are they fed at nursery/pre-school?   What about getting dressed and ready for the day?   * Are clothes ready and clean? Is there a routine for that? * What about having a wash, brushing teeth and hair? Is this prompted or supervised by an adult? * If the child bed-wets, are they encouraged to bathe/shower before school? |
| **Getting to school**  What happens if they are going to school?   * How do they get to school? * Does an adult take them? * What is the journey to school? (for e.g. how long, do they cross roads, fields?) * Do they take younger brothers and sisters? Do they walk with friends? |
| **What happens at school?**   * How do they get along with teachers and classmates? * Are they able to focus and pay attention? Are they tired? * What do they do in the playground? * Do they have anyone to play with at break and lunch time? * What do they like to do at school? What don’t they like? * What do they eat at lunchtime? * Are they in any clubs at school? * Are they bullied? |
| **After school**  What happens after school?   * Do they get collected from school? On Time? * Do they stay for after school activities? * Do they see friends after school or play out? * What is the journey home from school like? * What happens when they get home? * Is food available? * Do they take care of anyone when they get home? Other brothers and sisters? Carers/parents/other adult relatives? |
| **What happens if it’s the weekend/holidays?**   * Would they be expected to look after siblings/parents/carers? * Do they have to do jobs in the house/run errands? * What happens about food? * Are they supervised by an adult? Does someone know where they are? * Do they have friends? |
| **Evening/Bath time/Bedtime**   * Do they have a bedtime? * Who decides when they go to bed? * Where do they sleep? What kind of bedding do they have? * Do they like their bed? * Do they change their clothes before bed? * Do they have a wash/brush their teeth? * For younger children, are they always supervised in the bath/shower? * Who is in the house at night? * Are they disturbed when trying to sleep? This could be because of other noises in the house, or nightmares, for example * Are they left alone at night? Are they expected to look after other children when parents/carers go out or are unavailable? |