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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?
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| **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?
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| **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?
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| **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?
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| **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
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| **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?
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| **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?
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| **Bedtime** * What does a typical bedtime look 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?
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| **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?
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| **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?
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| **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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***October 2023, reformatted July 2025***