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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? |  |  |
| **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? |  |  |
| **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? |  |  |
| **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? |  |  |
| **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? |  |  |
| **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? |  |  |
| **Questions** | **Responses** | **Notes** |
| **Home and family continued**   * Who are the most important people in my life? How often do I see them? |  |  |
| **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? |  |  |
| **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? |  |  |

***October 2023, reformatted July 2025***