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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?
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| **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?
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| **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?
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| **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?
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| **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** |

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