

## A Day in My Life

### A day in my life:

- **If the child handwrites/draws answers to your questions then attach these to the Child and Family Assessment**
- **If you use this tool as an aide memoir, then ensure the information the child gives you is included in the 'Child's Views' section of the Child and Family Assessment**

Use this tool as a guide to describing a day in the life of the child/young person and how the child/young would want their day to be different. This gives a good understanding about a child/young person's daily experience – how their world looks and feels to them. Consider how identity and culture may impact on his/her life. This should be done with the child/parent/carer as appropriate – can be through drawing, observation, 1-1 work with the child. It is an opportunity to get to know the child better and to have a better understanding of their daily lived experience.

Here are some prompt questions:

- What happens in the morning – who gets them ready for the day? Do they struggle to get up? Does anyone check they are up? Anything to eat in the morning?
- Who brings them to school/nursery? Are they expected to make their own way to school? Is this age appropriate in terms of distance/road safety?
- Do they present as tired/hungry at school? If they are at home, is there age appropriate supervision?
- Do they get lunch? Do they have friends?
- Who collects them from school/nursery – predictable? If they make their own way home – age appropriate?
- What happens in the evening or during the day in holidays– what does the child do? Are they supervised appropriately for their age?
- Are they expected to care for themselves? Is food provided?
- Play – where can this happen and what kind of activity is it?
- Who is at home in the evenings?
- What is the bedtime/evening routine?