

## ESTABLISHING A DAY IN THE LIFE OF A SCHOOL AGE CHILD

This tool supports workers to gain a good understanding of a child or young person daily routine. It should help to identify positives or strengths in the child/young person's daily routine, as well highlighting areas where there may be concerns. It should be used to support any assessment being undertaken within Bolton's Framework for Action.

Question	Factors to Consider
<b>Do you get yourself up in the morning?</b>	<ul style="list-style-type: none"><li>Is the child expected to get themselves up?</li><li>Is there a regular routine or does it depend on the motivation of the carer?</li><li>Does the child have to take responsibility for carers and /or siblings in the morning?</li><li>Is an alarm clock /mobile phone used to make sure child is up in time for school /play school etc?</li></ul>
<b>Do you have anything to eat?</b>	<ul style="list-style-type: none"><li>Is there usually food in the house?</li><li>What is available to the child?</li><li>Does an adult/sibling or child themselves take responsibility for preparing breakfast?</li><li>Is the child given money to buy something on way to school?</li><li>If so, what do they tend to buy?</li></ul>
<b>What happens about getting dressed?</b>	<ul style="list-style-type: none"><li>Are clothes readily available, clean and in a good state of repair?</li><li>Does the child have to find their own clothes?</li><li>Do they have their own clothing?</li><li>What happens about washing, etc?</li><li>Does the child wash and brush their teeth in the morning? Is this appropriately supervised?</li><li>Are there facilities available, e.g. tooth brush?</li></ul>

## Establishing a Day in the Life of a School Age Child

**What happens if you are going to school?**

**How does the child get to school?**

**Who is responsible for getting the child to school?**

**Is the child responsible for other children?**

<b>What happens at school?</b>	<p>What is the nature of the child's relationships with their peers, teachers and support staff?</p> <p>What do they enjoy at school?</p> <p>What do they find difficult?</p> <p>What makes them happy and sad at school?</p> <p>Do they have friends?</p> <p>Are they bullied?</p> <p>What do they do at playtime?</p>
<b>What happens if it's the weekend or school holidays?</b>	<p>Is the child expected to look after other children and/or the carer?</p> <p>Are they expected to do errands, etc. for the carer?</p> <p>How do they spend their time?</p> <p>Do they have any friends?</p> <p>Are they left unsupervised or allowed to undertake inappropriate activities?</p> <p>What happens about food? (Consider areas below)</p>
<b>What happens after school?</b>	<p>Are they collected from school and, if so, on time?</p> <p>Do they stay for after school activities?</p> <p>Are they responsible for other children?</p> <p>Do they have friends that they see?</p> <p>What is the journey home from school like? (Consider opportunities for bullying etc)</p> <p>Is there anyone at home when they arrive back?</p> <p>What happens when they get home?</p> <p>Do they have any caring responsibilities?</p> <p>Is food available when the child gets home from school?</p>

## **Establishing a Day in the Life of a School Age Child**

<b>What happened in the evening?</b>	<b>Is there food available?</b> <b>What kind of food does the child eat in the evening?</b> <b>What does the child enjoy eating best? How often do they have this?</b> <b>Does anyone prepare an evening meal? If so does the family eat together?</b> <b>If not, does the child get their own food and/or get food for others?</b> <b>When does the child usually have their last meal/snack?</b> <b>What happens if the child says they are hungry?</b> <b>Does the child spend their time watching TV? Do they go out - where and with whom?</b> <b>Does the child enjoy games and toys; which ones? Do they have toys?</b> <b>What do the carers do in the evening? What does the child think about their activities?</b> <b>Does anyone talk to the child or give them any attention?</b> <b>Is the child left alone or expected to supervise other children in the evenings?</b>
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<b>What happens at bed time?</b>	<b>Does the child have a bedtime?</b> <b>Who decides when the child goes to bed?</b> <b>Where does the child sleep?</b> <b>Do they change their clothes before bed?</b> <b>Do they have a wash and brush their teeth?</b> <b>Does the child get disturbed? E.g. carers making a noise, child sleeping on settee.</b> <b>Is the child left alone at night and/or expected to look after other children?</b>
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