**A Day in My Life – Prompt Areas to Cover**

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| **Morning**How do they get up in the morning?* What time do they wake, or get woken up?
* Who makes sure everyone is up in time?
* Is there a regular routine?
* Does the child take responsibility for other siblings or for parents/carers?

Do they have anything to eat?* Is there usually something to eat for breakfast in the house?
* What is their favourite thing to eat for breakfast?
* Who makes breakfast?
* Does the child buy something on the way to school?
* Does the child go to breakfast club at school? Are they fed at nursery/pre-school?

What about getting dressed and ready for the day?* Are clothes ready and clean? Is there a routine for that?
* What about having a wash, brushing teeth and hair? Is this prompted or supervised by an adult?
* If the child bed-wets, are they encouraged to bathe/shower before school?
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| **Getting to school**What happens if they are going to school?* How do they get to school?
* Does an adult take them?
* What is the journey to school? (for e.g. how long, do they cross roads, fields?)
* Do they take younger brothers and sisters? Do they walk with friends?
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| **What happens at school?*** How do they get along with teachers and classmates?
* Are they able to focus and pay attention? Are they tired?
* What do they do in the playground?
* Do they have anyone to play with at break and lunch time?
* What do they like to do at school? What don’t they like?
* What do they eat at lunchtime?
* Are they in any clubs at school?
* Are they bullied?
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| **After school**What happens after school?* Do they get collected from school? On Time?
* Do they stay for after school activities?
* Do they see friends after school or play out?
* What is the journey home from school like?
* What happens when they get home?
* Is food available?
* Do they take care of anyone when they get home? Other brothers and sisters? Carers/parents/other adult relatives?
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| **What happens if it’s the weekend/holidays?*** Would they be expected to look after siblings/parents/carers?
* Do they have to do jobs in the house/run errands?
* What happens about food?
* Are they supervised by an adult? Does someone know where they are?
* Do they have friends?
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| **Evening/Bath time/Bedtime*** Do they have a bedtime?
* Who decides when they go to bed?
* Where do they sleep? What kind of bedding do they have?
* Do they like their bed?
* Do they change their clothes before bed?
* Do they have a wash/brush their teeth?
* For younger children, are they always supervised in the bath/shower?
* Who is in the house at night?
* Are they disturbed when trying to sleep? This could be because of other noises in the house, or nightmares, for example
* Are they left alone at night? Are they expected to look after other children when parents/carers go out or are unavailable?
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