# A Day in My Life – 0-2 year old

[A Day in the Life](https://safeguarding.calderdale.gov.uk/wp-content/uploads/2021/11/a-day-in-the-life-child-and-adult.pdf) tool provides practitioners with things to think about when assessing the care provided to babies and toddlers and exploring their lived experience. These questions can be answered by speaking to the family, observation, and information provided by other professionals. These are just ideas; it is not an exhaustive list and can be adapted depending on the family circumstances and age/developmental stage of the child. Record your responses or observations below:

**Questions:**

**Waking Up**

What time do I usually wake up?

Does someone respond to me when I wake up or do I have to wait for attention?

Who gets me up and ready in the morning and how do they do this?

**Getting Dressed**

Who changes my nappy and gets me dressed? Is my nappy changed often enough?

Are my clothes clean and the right size for me? Are my clothes appropriate for the weather?

**Feeding**

Do I have my milk/meals at the same time every day? Who feeds me and how?

If I’m not weaned, are my bottles clean and sterilised? If I am weaned, what am I fed?

**During the Day**

Who looks after me during the day time? Do I have a routine?

What do I like to do during the day?

Do I have a nap and is this at a regular time? Where do I sleep during the day?

Do my carers play with me, read, sing, and talk to me? Do I have age-appropriate toys/books?

Do I spend a lot of time in a chair/car seat or watching television? Do my carers understand my cues when I need something?

Is my home environment safe?

Do I get to interact with other children? Do I get to go out and see other places? Is my home environment clean and tidy?

**Evenings**

Do I have a night time routine? Do I have a bath and how often?

Who bathes me and gets me ready for bed?

**Bedtime**

Do I go to bed at the same time every night? Where do I sleep at night?

Does someone put me to bed, or do I fall asleep whenever I get tired? Do I sleep well?

Do I have clean bedding on my cot/bed? What happens if I wake up in the night?

Do I usually need feeding or nappy changes in the night and who does this?

Who is usually in the home at night time?