# A Day in My Life – 2-5 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 preschool age children 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 below:

**Questions:**

**Waking Up**

What time do I usually get up?

Does someone help me get up or do I get up by myself? Is anyone else up when I get up?

**Getting Dressed**

Does someone help me to get dressed or do I do it myself? Am I toilet trained or still wearing nappies?

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

Do I have a toothbrush and does someone help me clean my teeth?

**Feeding**

Do I have my meals at the same time every day? What food is available and what do I usually eat? Does someone prepare my food for me?

Do I eat my meals with other people or by myself? Do I sit at a table to eat my meals?

Am I underweight or overweight?

**During the Day**

Who looks after me in the day time?

Do I go to a nursery/childminder? Who takes me there and picks me up? Do I get to socialise with other children?

Do I have a routine?

Are there rules and boundaries in place for me? What happens when I challenge these or misbehave?

Do I have age-appropriate toys/games/books? Does somebody play with me and interact with me?

Do I spend a lot of time watching television/using electronic gadgets? Is my home environment safe?

Is my home environment clean and tidy?

Do I have siblings and how do I interact with them?

**Bedtime**

Do I have a bath and how often?

Does someone help me get ready for bed? Do I go to bed at the same time every night? Where do I sleep at night?

Do I have my own bedroom and does it have the things that I need? Do I have clean bedding?

Does someone put me to bed, or do I fall asleep whenever I get tired? Who is usually in the home at night time?