|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Morning | afternoon | Evening | Night |
| Child | How do you wake up  What do you eat for breakfast  Tell me about getting ready for school  Who are your friends  Weekend / hols what’s different | What’s school like  What do you have to eat at school and when you get home  What happens when you get home from school  Do you watch TV or play  Who is there with you | What do you eat  What happens at bed time (do they get washed, brush teeth)  What do you play and who do you play with  What do you do in the evenings | What happens when you are in bed  How do you sleep  What do you sleep in  Do you sleep ok |
| Parent | How are things when you wake up  How is it getting the children ready for school  How is the morning for you  What do you do when the children have gone of to school  What do you think its like for your kids in light of how you feel about the mornings | What do you do while children are at school  Who are their friends that they see during the day  What do they eat during the day  What happens when children come home from school  Describe meal time  What is the afternoon like for you child – how do what you do in the afternoon might affect your child | What happens around bed time  What would you do in the evening  What’s the evening like for their child – again what they have told you about their evening what impact is this having on their child | Time everyone settles  Friends  Sleep  What’s night time like for their child – do they sleep through is it unsettled. What they have told you about their evening how could this affect their child |
| Professional | Time get up  Breakfast  School run  Engagement at school    Good days / bad days | Who picks them up – extended family  Food  Play  Previous history influencing current daily routine | Bedtime routine  Food  Teeth | Where they sleep  Bedroom  Damp?  Settled  Bedtime  Washing?  Teeth brushing? |
| Analysis | Previous history affecting lived experience | Appreciation of what the impact of their behaviour is on their child  Appreciation of the parent of what needs to change |  |  |