|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Morning | afternoon | Evening  | Night |
| Child | How do you wake upWhat do you eat for breakfast Tell me about getting ready for schoolWho are your friendsWeekend / hols what’s different  | What’s school likeWhat do you have to eat at school and when you get homeWhat happens when you get home from schoolDo you watch TV or playWho 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 bedHow do you sleepWhat do you sleep inDo you sleep ok  |
| Parent | How are things when you wake upHow is it getting the children ready for schoolHow is the morning for youWhat do you do when the children have gone of to schoolWhat 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 schoolWho are their friends that they see during the dayWhat do they eat during the dayWhat happens when children come home from schoolDescribe 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 timeWhat would you do in the eveningWhat’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 settlesFriends 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 upBreakfastSchool runEngagement at school Good days / bad days  | Who picks them up – extended familyFoodPlayPrevious history influencing current daily routine  | Bedtime routineFood Teeth | Where they sleepBedroomDamp?SettledBedtimeWashing?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  |  |  |