

How I see my world – Aide Memoire

My Wider World

Family history, functioning and well being

- Is there some predictable routine to your family life at home, for example, in relation to meal times, bed times and who will be at home and when?
- Think about a really good time you enjoyed with your family. What was it, and what made it so special for you?
- Is there someone in your family that your parents/carers know and trust that they could turn to for help if they needed to?

Wider family

- Are there people in your neighbourhood or community that you know and trust that you could turn to for help if you needed to?
- Are there people in your neighbourhood or community that your carers know and trust that they could turn to for help if they needed to?

Housing, employment and financial considerations

- What is it like to live in the area you do?
- Does anyone in your family work away from home or at night, such that you don't see them very often?
- Is there enough money from work and any benefits, to meet your family's needs?
- What future opportunities are you hoping to access on leaving school – work or further education?

Social and community elements and resources, including Education

- Are there any local facilities that you would like to use but can't for some reason?
- When you are out and about locally with friends or family, what sort of things do you do?
- What is the worst thing about living where you do?
- What is the best thing about living where you do?
- Do you think there is a lot of crime in your area?
- Are there people at your school that you know that you could turn to for help or support if you needed it?
- How can school support your future opportunities, aspirations and any concerns you may have?

How I grow and develop

Health

- General Health –Who is your family doctor? When did you last see them?
- Are you feeling well today? Do you generally feel well?
- Do you feel you are the right weight for your height?

- Do you see any other doctors, nurses, therapists on a regular basis?

Physical development

- What activities do you like doing best?
- Do you need to wear glasses, hearing aids etc...if so do you have them?
- What types of physical skills has your baby acquired?

Speech, language and communications

- How is your writing and reading?
- Do you ever worry that your spoken English lets you down?
- How does the child communicate? Do they cry when unhappy? Are they making noises or words yet?

Self-care skills and independence

- How independent are you? What can you do for yourself?
- Who will help you learn to be more independent as you grow up?
- Do you get to do what you like to do?
- How do you cope with big changes in your life?

Family and social relationships

- What do you enjoy doing with your family?
- How important are your friends to you?
- Do you have a "best friend"? If so, who is that and why are they so special for you?
- Do you have to help to look after anyone?

Identity – self esteem, self image and social presentation

- If you had to name one special thing about yourself, what would it be?
- Is there anything about yourself that you don't like?
- Do you feel that you are different from other people?
- Does the child respond differently to different family members or siblings?

Emotional, social and behavioural development

- When you are frustrated, angry or upset, how would people around you know that something was wrong?
- Do you ever do things because they are exciting without thinking about what might happen or that it might get you into trouble?
- Do you find it easy to talk to people about how you feel? How do you feel?
- What sort of things do you do with other people?
- How much time do you spend on your own?
- How would you describe your behaviour today/usually?
- How do you think other people would describe your behaviour today/usually?
- Can you tell me about a time you helped somebody?
- Are you worried about any aspect of your baby or child's behaviour?

Learning

Understanding, reasoning and problem solving

- Are your friends mostly the same age as you, or are they mostly younger or older than you?
- How are you at sorting day to day problems?
- What types of resources/toys are provided for your baby?

Participation in learning, education and employment

- Do you enjoy school/college/training?
- What do you think you are good at doing?
- What do you want to do long term?

Progress and achievement, aspirations

- Is English your first language?
- If you lack qualifications or confidence with reading, writing or maths, do you think that this could be holding you back?
- If you think you need additional help, how would you like to get this?
- What learning opportunities does your child have?
- What do you hope that learning will help you do?
- Do you give up easily if you find something hard?
- What do you want for your baby? Child?

What I need from people who look after me

Basic care, ensuring safety and protection

- Can you make warm food and drinks where you live?
- Is there anything about the place where you live that makes you feel unsafe?
- In an emergency how would you call the services you need?
- Do you feel able to look after your baby/toddler/child and make sure it is safe?

Emotional warmth and stability

- Who lives with you at home? How long have they lived there?
- Who cares for you and takes responsibility for you?
- How often do you give your baby/toddler/child a cuddle?
- How are you coping/ managing at the moment?

Guidance, boundaries and stimulation

- Do your parents/carers usually encourage you with your learning, for example, giving you the space and time you need to complete school or college work?
- Do you have a quiet place where you can do your school/college work?

- If you do something wrong, what happens and how do the people around you respond?
- Does the child respond to "NO"?
- Do you enjoy playing with the child? If so what do you play?