

These questions are used in conjunction with the daily routines in Section 3 of the Family Assessment Interview Worksheet. The Service Coordinator may alter or omit a question to better fit a family's situation; however, it is imperative to ask as many applicable questions as possible about the routine. The Service Coordinator may also ask additional questions to learn more about an individual family's daily routines.

*For every routine, the Service Coordinator should obtain a sense of the family's and child's functioning within the routine. The seven questions listed directly below should be used as a guide for the conversation of each routine. Before moving on to the next routine in the conversation, the Service Coordinator should ensure these seven questions have been addressed.*

- What is each family member doing?
- What is the child doing?
- What is the child's engagement in the routine?
- What is the child's independence in the routine?
- What is the child's communication and social interactions with others like within the routine?
- What would make this routine easier?
- How satisfied are you with this time of day?

**1) Wake Up**

- Could you describe what wake up time is like?
- Where does your child sleep?
- Who usually wakes up first?
- How does your child let you know she is awake?
- Is she content by herself for a few minutes? What does she do?
- Does she want to be picked up right away? If so, is she happy when picked up?

**2) Dressing/Toileting**

- How does getting dressed go?
- Who helps your child dress?
- What is his mood like?
- What does your child do while being changed?
- Does he help with dressing? If so, how?
- Does he wear diapers or use the toilet? Are there any problems with diapering or toileting?
- How does he let you know when he needs to go?

**3) Meal Preparation Time**

- When does your family typically start planning/preparing for a meal? Who does this?
- Is preparing one meal more challenging than others?
- About how long does it take to prepare a meal?

**4) Mealtimes**

- Is he bottle or breast fed? How much / how often?
- Any difficulty with the milk or latching?
- What are breakfast, lunch and dinner like?
- What does he usually eat for each mealtime?
- Where does your child usually eat?
- Does anyone help feed your child? Who?
- How often does he eat?
- Does your child eat snacks during the day? When?
- Any difficulty eating certain foods?
- Does he feed herself or does she have help?
- What type of fork/spoon, plate or cup does he use?
- How does your child let you know what he wants or whether he is finished?
- Does he like mealtimes? How do you know?
- What are mealtimes like for your child when under the care of others?

*Continued on next page*

## 5) Play

- When and where does most play time occur?
  - What are your child's favorite toys and how does she play with them?
  - What motivates your child to engage in play? Are there any toys or games she engages with/in?
  - Does your child play on her own?
  - How does your child play with other children?
  - How does your child let you know when she wants to do something different?
  - Does your child use her imagination when she plays?
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## 6) Outings

- How does getting ready to leave with your child go?
  - Who usually helps your child get ready?
  - How does she do putting on socks, shoes and a coat?
  - How does she do getting into his carseat?
  - How does riding in the car go for short/long trips?
  - How are trips to the store or park?
  - Does she like being at the store? Does she sit in a shopping cart? Do you have to occupy her or is she pretty content?
  - How does she react to other people in the store?
  - At the park, does she stay close to you or explore?
  - How does she play on the park equipment?
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## 7) Outdoors

- Does your family spend much time outdoors?
  - What kinds of outdoor activities does he participate in? How much assistance does he need? How does he interact with his friends/siblings/peers?
  - Does your child like (the activity)?
  - Does he tolerate touching grass, mulch and sand?
  - How does he get around?
  - What things does your child like or notice outside?
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## 8) Hanging Out Time

- What does your family do when relaxing at home?
  - What does your family like to do during the evening and weekends?
  - Where does your family hang out?
  - How is your child involved in this activity?
  - Does your family watch TV? Does your child?
  - What does she like to watch? How long does she watch TV?
  - Are there any activities your family would like to do but currently cannot?
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## 9) Bath Time

- What is bath time like?
  - Who usually helps your child bathe?
  - How is he positioned in the bathtub?
  - Does he like the water? How do you know?
  - Does he kick or splash in the water? Play with toys?
  - How does he react when bath time is over?
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## 10) Bedtime/Naps

- How do naps and bed time go?
  - Where does your child sleep?
  - Who usually puts your child to bed?
  - Do you have some type of ritual at this time?
  - How does she fall asleep?
  - How does your child calm himself?
  - Does she sleep through the night? What happens if she wakes up? Who gets up with her?
  - Does she take naps for other caregivers? How does that go?
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## 11) Child Care

- What are drop-off and pick-up times like?
  - Does your child seem to like his teacher?
  - Has the teacher mentioned any concerns?
  - Do you get any reports of good or bad behavior from the child care provider?
  - Do you like the care provided to your child?
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## References

McWilliam, R. A. (2010). *The Routines-Based Interview*. Routines-Based Early Intervention: Supporting Young Children and Their Families. Baltimore: Brookes.

Scott, S., & McWilliam, R. A. (2011). *Scale for assessment of family enjoyment within routines (SAFER)*. FPG Child Development Institute, University of North Carolina at Chapel Hill.

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