Commonwealth of Kentucky
Cabinet for Human Resources
Department for Social Services

DAILY ROUTINE FOR A PRESCHOOL CHILD
(0-5 Years of Age)

Child's Name: ________________________________
Child's Age: ________________________________
Date Form Completed: ________________________

SLEEP

What time does he get up in the morning? ________________________________
What does he do on awakening - happy - cry - play quietly alone until gotten up? ________________________________
Come into parents' room? ______________________________________________
Does he dress before or after breakfast? ______ Does he sleep in a crib, junior or adult bed? ______
Does he have toys in bed? ______ If so, what? ________________________________
Does he wet or soil bed? ______ If so, how does mother react? __________________ How handled ________________________________

What time does he go to bed? ____________ What does he take to bed? ________________
Does he have stories read to him in bed? ______ Does he have light on in room or hall? ______
Is bedroom door open or closed? ______ Does he sleep in room alone or with someone else? ______
Does he have afternoon nap? ______ Does he stay in bed when put there or does he get up again? ______
If gets up, how is it handled? __________________________________________
Does he go to bed readily? ______ Does he cry himself to sleep? ________________
Does he play or talk to himself before falling asleep? __________________________
Does someone stay with him until he's asleep? ______ Does he sleep well or lightly? ______
Does he awaken during night? ______ If so, how handled? __________________________

Does he have nightmares? ______ If yes, explain. ______________________________

Does he walk or talk in his sleep? ______________________________

What routine is followed at bedtime? ____________ What does he sleep in? Pajamas? ____________

EATING

Does he feed himself or is he fed? ______ Does he sit in a highchair or at table? ______
Does he eat with family or alone? ______ Does he eat quickly or slowly? ______
If he refuses food, how handled? __________________________________________
What food does he like best? ______________________________
What foods does he not like? __________________________________________

Does he eat with spoon or fork? ________

Does he take vitamins? ______ If so, what? ______ How much? ______ When given? __________________________

Does he drink from cup or glass? ______ Does he have any food allergies? ______

Does he ask for food between meals? ______ Is it given to him? __________________________
Does he eat same foods as adults or does he eat Junior foods?

Is he a picky or a good eater?

What does he usually eat for breakfast, lunch and supper?

TOILET HABITS

Is he trained for bladder? Bowels? If so, when does he usually go?

Does he ask to go? Does he use toilet or potty or child’s seat?

Does he have special terms he uses to signify urination or bowel movements?

If he has an accident, how is it handled?

Does it bother him to have wet pants? Can he go by himself or does he need help?

Is he taken to the bathroom at night? If so, when?

Does he wake up then?

Are fluids controlled after supper to avoid bedwetting? Does he wet the bed?

BATH

Who usually bathes him?

What time does he have a bath? Morning? Night?

Does he enjoy bath? If not, how handled?

Does he have playtime in bath?

Does he bring toys to bathtub? If so, what?

Does he have any fear of water or bathing?

Does he mind hair washing? Is it done in tub or sink?

DRESS

Can he dress himself? Does he need help?

Will he accept help? Does he brush his teeth?

Does undressing signify bedtime or can it be done an hour or so ahead of bedtime?

Has he been to the barber? Does he fear haircutting?

HEALTH

Does he pick up colds easily? Does he get fevers easily? Headaches? Earaches? Tummyaches?

Nausea?

Has he had any communicable diseases? If so which ones?

Does he have any allergies? Will he accept staying in bed when sick?

PLAY

With whom does the child play?

Does he play alone well?

Can he amuse himself? With what?

Does he play well with toys? Is he able to share toys and belongings?
Does he make believe? Does he like to draw?
Does he like to look at picture books?
What kind of toys does he like best?
Is he destructive in his play? How long will he concentrate on one object?
Is his play meaningful?
Does he want someone to play with him? If so, child or adult?
Does he play outside? Does he prefer house or outside?
When outside, will he walk away or into the street?
Will he stay in a fenced-in yard happily?

SOCIALIZATION
Is he friendly with strangers? Adults or children, or both?
Does he accept a babysitter? Does he initiate conversation?
Does he cling to parents? Is he affectionate?
Does he have a nickname?
What are the names of the people with whom he is familiar? What are their relationship to him?
What does he call foster parents?
Does he get along with siblings?
Is he inquisitive? Is he at the "no" stage?

EMOTIONAL
Is he usually happy, sad, dull, vacant expression?
Does he laugh much? When?
Does he cry much? When?
Does he get overexcited? When? How handled?

Is he easily frightened?
How does he show tiredness?
Does he tire easily?
Is he easily frustrated? Over what? How handled?

Does he have annoying habits? What?

Does he show anger? Temper tantrums? Over what? How handled?

Does he show signs of tension, nervousness? How shown? When? How handled?
Does he rock, stare, hold breath, bite fingernails, or toenails, suck fingers or thumb, tics, bang head, scream, throw or tear things, escape into sleep, overeat, refuse to eat, grit teeth? (Circle those that apply).

Explain ____________________________________________

Is he given sedation? If yes, what is it.__________________________

When upset, who does he go to? How handled?______________________

Does he whine?_______ Sulk? ________ Irritate? ______ When?_______ How handled?______________________

How does he show jealousy?______________________________

TALKING

Does he jabber constantly?_________ Does he understand what is said to him?_________

Can he make his wants known and understood?

Does he talk in sentences?_________ Does he talk plainly?_________

Can strangers understand him?______________________________

DISCIPLINE

How often does he require discipline?___________________________

What methods of discipline are used?

How does he react to it?_____________________________________

When is it needed?

How long does it take him to get over it?_____________________

Who administers the discipline?

GENERAL

Does he watch television?_________ Can he ride a bicycle?_________

Does he mind wearing his glasses?_________ Can he manage without them?_________

SEXUALITY

What type of sex education has he received?

What is his knowledge of sexual matters?

Has he shown signs of having been sexually abused? In what ways?

_____________________________________________________________________

Does he exhibit any unusual sexual habits?

What?

Does he masturbate? _______ When? ___________ Where? ___________ How handled?

_____________________________________________________________________

Are there any concerns about child’s sexual identity?