

Drawing Number	Participant Number		
05	05		
Performed referenced action	Heard (Researcher / Participant dialogue)	Seen (Researcher observations)	
01	<p>R: OK, so we are in your Bedroom, and what time do you wake up?</p> <p>P: My alarm goes off at 07:30 every morning.</p> <p>R: Is that just one alarm, or do you have multiple sets?</p> <p>P: One is set, but sometimes I snooze it.</p> <p>R: OK, so what is the purpose of the alarm in your routine?</p> <p>P: To get up and get ready for work but also to get my kids up for school.</p> <p>R: OK, so how long do you have between the alarm first going off and the time you need to be at school or work?</p> <p>P: Roughly, it is about an hour.</p> <p>R: So, is this quite a tight routine, or is it quite relaxed?</p> <p>P: Yeah, it is not too bad.</p>	<ul style="list-style-type: none"> • Phone charger on the floor beside participant's side of bed. • No alarm clock visible on the side. 	
02	<p>R: OK, leaving your bedroom, where do you go first?</p> <p>P: The first thing I do is wake my daughter and son up.</p> <p>R: And what time would this be?</p> <p>P: It is about 07:35.</p>	<ul style="list-style-type: none"> • Shown to open children's Bedroom doors in a slow manner. 	
03	<p>R: OK, leaving your bedroom, where do you go first?</p> <p>P: The first thing I do is wake my daughter and son up.</p> <p>R: And what time would this be?</p> <p>P: It is about 07:35.</p>	<ul style="list-style-type: none"> • Shown to open children's Bedroom doors in a slow manner. 	
04	<p>P: As she wakes up, I go straight into the Bathroom to get ready.</p> <p>R: How do you make sure they are getting up?</p> <p>P: It is difficult to make sure they are getting out of bed, as they are not the most motivated kids to get ready for school, especially when they have had a later-than-planned bedtime for whatever reason.</p> <p>R: Well, yes, so is your getting ready routine disrupted if they do not do as they are told?</p> <p>P: Absolutely, it saves me loads of time and effort if they are getting dressed whilst I am showering as if they are still in bed; then it costs me time, as my priority shifts to</p>	<ul style="list-style-type: none"> • Branded products on display in Bathroom. 	

	<p>them, stopping me from getting ready and this affects what time we get out of the house as well as catching my bus to work.</p> <p>R: So you are getting ready for work?</p> <p>P: Yes.</p> <p>R: OK, so the kids are dressed, and you have showered?</p>	
05	<p>P: Yeah, then I go into my Bedroom to get dressed and then check on the kids and take them down for breakfast.</p> <p>R: So, are both of your children dressed?</p> <p>P: My daughter is because she has school, but my Son is a bit younger, so he is probably in his pyjamas still.</p>	<ul style="list-style-type: none"> • Clothes noted to be on the floor in piles.
06	<p>R: So then you go straight to the Kitchen, and then what?</p> <p>P: Then I would get the kids breakfast ready.</p> <p>R: And what time would this be?</p> <p>P: It is probably getting on for about 08:00.</p> <p>R: OK.</p> <p>P: We would do breakfast then packed lunches.</p> <p>R: OK, do you make yourself a packed lunch?</p> <p>P: No.</p> <p>R: Thinking back to your uniform, is that ready for you?</p> <p>P: Yeah, that is already the night before.</p> <p>R: Is that both uniforms, yours and your daughter?</p> <p>P: Yeah.</p> <p>R: And they are laid out, are they?</p> <p>P: Yes.</p> <p>R: And why do you do that?</p> <p>P: It is just one less thing to do in the morning.</p> <p>R: So, what is it about that, is it time, or do you enjoy putting your outfit together?</p> <p>P: Yeah, I'd say more the time aspect.</p> <p>R: So, being efficient in the morning?</p> <p>P: Yeah, making sure that it is out, and everybody knows that they have everything, and they are not running around looking for stuff.</p> <p>R: So, the kids have had their breakfast. Do you have breakfast?</p> <p>P: Yeah, I would grab a bit of toast or a bowl of cereal whilst the kids are eating.</p>	<ul style="list-style-type: none"> • Pots on draining board. • Variety of cereals on Kitchen worktop. • Children's certificates on Fridge.
07	<p>R: Then what happens?</p> <p>P: We would then all go upstairs to give the kids a wash and to clean their teeth.</p>	<ul style="list-style-type: none"> • Distinct children's toiletries grouped together in the Bathroom.

	<p>R: OK, so it is back through the Living Room, do you use the Living Room in the morning?</p> <p>P: Not until the kids are ready, and then if there is time afterwards, then they can sit downstairs and watch TV.</p> <p>R: OK, so we are back upstairs.</p> <p>P: Yeah.</p> <p>R: And then what do you do?</p> <p>P: The kids would come with me, they would have a wash and clean their teeth and basically get ready. My daughter would comb her hair and do that.</p> <p>R: OK, does your daughter have a backpack that she needs to get ready?</p> <p>P: Yeah, so the backpack is done the night before it would just be the lunch box the night before that would need putting in.</p> <p>R: OK and that is on the Kitchen worktop downstairs now?</p> <p>P: Yeah.</p> <p>R: OK, so what now?</p> <p>P: After the kids had gotten ready, they would go downstairs and watch TV until it is time to go.</p>	<ul style="list-style-type: none"> Pointed to where backpack would be left on landing by the stairs.
08	<p>R: Do you watch TV with them?</p> <p>P: No, I would use the time to make sure that I was ready.</p>	<ul style="list-style-type: none"> Make-up products on display in the Bedroom.
09	<p>R: OK, and then go?</p> <p>P: Yeah, I would take my daughter to school and son to his childminder.</p> <p>R: What time would this be?</p> <p>P: We leave for school at about 08:40.</p> <p>R: OK, and then from school you go to work?</p> <p>P: Yeah, I go to work.</p>	<ul style="list-style-type: none"> Storeroom with lots of coats inside.
10	<p>R: So, what time would you come in from work?</p> <p>P: So, I would normally get home for about 16:30 in the afternoon.</p> <p>R: OK, so how does your daughter then get picked up from school?</p> <p>P: Her father would collect her and then I would pick her up on my way back from work and for my son too.</p>	<ul style="list-style-type: none"> Participant shows how they would kick their shoes off in Entrance Hall.
11	<p>R: OK, so you come through the door and what would be the first thing that you do?</p> <p>P: I would probably put the TV on.</p> <p>R: OK, so put the TV on for your children?</p> <p>P: Yeah, TV would go on.</p>	<ul style="list-style-type: none"> As acting out routine, TV showed a Netflix account with children's programmes pre-loaded. iPad to be found on the sofa, along with children's toys.
12	<p>R: Ok, so what do you do?</p>	<ul style="list-style-type: none"> No visible sign of cookbooks in Kitchen.

	<p>P: I would go to the Kitchen and start making dinner.</p> <p>R: OK, so is dinner pre-planned or is it more make it up as you go along?</p> <p>P: No, some nights we know what we are going to have and other nights we are less prepared.</p> <p>R: Do you enjoy cooking?</p> <p>P: Yeah, I do not mind it.</p> <p>R: Do you think the kids enjoy the meals that they eat?</p> <p>P: Yeah.</p> <p>R: So you are making dinner and the kids are watching TV and the time is?</p> <p>P: It is probably about 17:00.</p> <p>R: So, what happens after dinner, do you eat in the Living Room or Kitchen?</p> <p>P: Yeah, we eat at the table.</p> <p>R: Altogether?</p> <p>P: Yeah.</p> <p>R: And then what happens?</p> <p>P: Then I clear the pots away and my daughter stays in the Kitchen to do her homework.</p>	
13	<p>R: So, after doing the pots and the homework, what happens?</p> <p>P: I put the kids to bed at 19:30.</p> <p>R: OK, and do you have to tuck them in or any ritual like that to comfort them?</p> <p>P: Well, my daughter has a reading book from school, and depending on if she is able to get to sleep or not, I would read to her to help her fall asleep.</p> <p>R: Like a bedtime story?</p> <p>P: Yeah, but my son often wants to listen in, so he gets into bed with my daughter for the story, and then I carry him out as he is usually falling to asleep by then.</p> <p>R: And do you enjoy reading them a story?"</p> <p>P: Of course, it is a real joy of mine, but it would be easier sometimes for them to fall to asleep without it as I have other jobs to do, and sometimes, we can get carried away and be reading for an hour or so.</p> <p>R: Making it even later for them.</p> <p>P: Yes, making it difficult for them to get up the next day.</p> <p>R: OK, what do you do after that time?</p> <p>P: I come back downstairs and sit and watch TV.</p> <p>R: And this time is for yourself?</p> <p>P: Yeah.</p>	
14	<p>R: And what time would you go to bed?</p> <p>P: About 21:30 to 22:00.</p>	

	<p>R: OK, so whilst you are downstairs do you prepare anything for the next day, so backpack, lunches or meals?</p> <p>P: I do go through my daughter's backpack to make sure that there are not any letters that I have missed, and I get the lunch box out to redo in the morning.</p> <p>R: OK, then to bed?</p> <p>P: Yeah, I would lock up and go to the Bathroom and get into bed.</p>	
15	<p>R: OK, then to bed?</p> <p>P: Yeah, I would lock up and go to the Bathroom and get into bed.</p>	<ul style="list-style-type: none"> Shows gesture of locking the door and checking the handle multiple times.
16	<p>P: Yeah, I would lock up and go to the Bathroom and get into bed.</p>	
17	<p>P: Yeah, I would lock up and go to the Bathroom and get into bed.</p>	<ul style="list-style-type: none"> Participant shows they have their phone in hand when going to bed.