NI BENEFITS NAVIGATOR

The Child DLA Form Kit

ALL CONDITIONS

A free kit for the **DLA1 Child form (June 2026)** in Northern Ireland: the whole form on one page, the things parents most often miss, and a 7-day care diary organised by the form's own question numbers.

- ✓ Works for any disability or health condition: physical, sensory, learning, long-term illness, ADHD, autism
- ✓ Every question on the current form, in the form's order
- ✓ A diary that turns a normal week into the times and minutes the form asks for

> **How to use it.** Read page 2 with the form beside you. Keep the diary for a typical week (not your best or worst). Use the summary page to write your answers.

The form at a glance

Questions	What they cover
1 to 22	**About the child** Special rules, names, address, where they live, time abroad, hospital or hospice stays.
23 to 39	**Health professionals, reports and school** Assessments, reports you can send, GP, other professionals, school or nursery, someone who knows the child, consent.
40 to 42	**Health condition, aids, changing needs** Every condition and when it started affecting daily life; aids and the help needed to use them; whether needs change from day to day.
43 to 53	**Mobility (from age 3)** Standing and walking, distance and time, falls, guidance or supervision outdoors (from age 5), when needs started.
54 to 69	**Care during the day** Bed, toilet, moving indoors, washing, dressing, eating, treatments, seeing, hearing, speaking, communicating, fits, supervision, development, school, hobbies.
70	**Care during the night** Help after everyone in the house has gone to bed.
71 to 72	**When care needs started; anything else** A start date (roughly is fine) and anything the boxes missed.
73 to 88	**About you, payment, more information** Your details, the account to pay into, the More information box (question 88), and the declaration.

Things parents often miss

Start dates	At question 40, give the date the difficulties started affecting daily life, not the date of diagnosis. List difficulties even without a diagnosis.
Aids count	At question 41, aids include things like picture cards, and the form asks what help your child needs to use them.
Day and night	Day is any time before the household goes to bed. Night starts when everyone in the house is in bed. A bedtime routine at 8pm is daytime help (question 54).
Easy-to-skip questions	Question 54 (settling in bed during the day), 56 (moving around indoors), 60 (treatments and monitoring at home), 67 (development) and 69 (hobbies and activities they would do with help).
Behaviour	There is no separate behaviour question. Supervision because of how a child feels or behaves goes at question 66.
Evidence	Send copies, never originals, and no CDs or memory sticks. Evidence you are still waiting for goes in the More information box (question 88).

Care diary · Day 1

Date: _____ Household bedtime tonight: _____ (help after this time goes in the Night row)

Q	What the form asks about	What help you gave, and why	How many times	Minutes (total)
54	Getting in, out of or settling in bed (daytime)			
55	Toilet needs			
56	Moving around indoors, stairs, chairs			
57	Washing and bathing			
58	Dressing and undressing			
59	Eating and drinking			
60	Medicines, treatments, monitoring			
61–64	Seeing, hearing, speaking, communicating			
65	Fits, blackouts, seizures			
66	Watching over them to keep them safe			
67	Extra help with development and play			
68	Help at school or nursery (ask school)			
69	Hobbies, clubs, activities			
49–50	Outdoors: guidance, supervision, falls			
70	Night: help after everyone is in bed			

Write what you actually did: prompting, supervising, physically helping, calming, checking. Leave a row blank if no extra help was needed.

Care diary · Day 2

Date: _____ Household bedtime tonight: _____ (help after this time goes in the Night row)

Q	What the form asks about	What help you gave, and why	How many times	Minutes (total)
54	Getting in, out of or settling in bed (daytime)			
55	Toilet needs			
56	Moving around indoors, stairs, chairs			
57	Washing and bathing			
58	Dressing and undressing			
59	Eating and drinking			
60	Medicines, treatments, monitoring			
61–64	Seeing, hearing, speaking, communicating			
65	Fits, blackouts, seizures			
66	Watching over them to keep them safe			
67	Extra help with development and play			
68	Help at school or nursery (ask school)			
69	Hobbies, clubs, activities			
49–50	Outdoors: guidance, supervision, falls			
70	Night: help after everyone is in bed			

Write what you actually did: prompting, supervising, physically helping, calming, checking. Leave a row blank if no extra help was needed.

Care diary · Day 3

Date: _____ Household bedtime tonight: _____ (help after this time goes in the Night row)

Q	What the form asks about	What help you gave, and why	How many times	Minutes (total)
54	Getting in, out of or settling in bed (daytime)			
55	Toilet needs			
56	Moving around indoors, stairs, chairs			
57	Washing and bathing			
58	Dressing and undressing			
59	Eating and drinking			
60	Medicines, treatments, monitoring			
61–64	Seeing, hearing, speaking, communicating			
65	Fits, blackouts, seizures			
66	Watching over them to keep them safe			
67	Extra help with development and play			
68	Help at school or nursery (ask school)			
69	Hobbies, clubs, activities			
49–50	Outdoors: guidance, supervision, falls			
70	Night: help after everyone is in bed			

Write what you actually did: prompting, supervising, physically helping, calming, checking. Leave a row blank if no extra help was needed.

Care diary · Day 4

Date: _____ Household bedtime tonight: _____ (help after this time goes in the Night row)

Q	What the form asks about	What help you gave, and why	How many times	Minutes (total)
54	Getting in, out of or settling in bed (daytime)			
55	Toilet needs			
56	Moving around indoors, stairs, chairs			
57	Washing and bathing			
58	Dressing and undressing			
59	Eating and drinking			
60	Medicines, treatments, monitoring			
61–64	Seeing, hearing, speaking, communicating			
65	Fits, blackouts, seizures			
66	Watching over them to keep them safe			
67	Extra help with development and play			
68	Help at school or nursery (ask school)			
69	Hobbies, clubs, activities			
49–50	Outdoors: guidance, supervision, falls			
70	Night: help after everyone is in bed			

Write what you actually did: prompting, supervising, physically helping, calming, checking. Leave a row blank if no extra help was needed.

Care diary · Day 5

Date: _____ Household bedtime tonight: _____ (help after this time goes in the Night row)

Q	What the form asks about	What help you gave, and why	How many times	Minutes (total)
54	Getting in, out of or settling in bed (daytime)			
55	Toilet needs			
56	Moving around indoors, stairs, chairs			
57	Washing and bathing			
58	Dressing and undressing			
59	Eating and drinking			
60	Medicines, treatments, monitoring			
61–64	Seeing, hearing, speaking, communicating			
65	Fits, blackouts, seizures			
66	Watching over them to keep them safe			
67	Extra help with development and play			
68	Help at school or nursery (ask school)			
69	Hobbies, clubs, activities			
49–50	Outdoors: guidance, supervision, falls			
70	Night: help after everyone is in bed			

Write what you actually did: prompting, supervising, physically helping, calming, checking. Leave a row blank if no extra help was needed.

Care diary · Day 6

Date: _____ Household bedtime tonight: _____ (help after this time goes in the Night row)

Q	What the form asks about	What help you gave, and why	How many times	Minutes (total)
54	Getting in, out of or settling in bed (daytime)			
55	Toilet needs			
56	Moving around indoors, stairs, chairs			
57	Washing and bathing			
58	Dressing and undressing			
59	Eating and drinking			
60	Medicines, treatments, monitoring			
61–64	Seeing, hearing, speaking, communicating			
65	Fits, blackouts, seizures			
66	Watching over them to keep them safe			
67	Extra help with development and play			
68	Help at school or nursery (ask school)			
69	Hobbies, clubs, activities			
49–50	Outdoors: guidance, supervision, falls			
70	Night: help after everyone is in bed			

Write what you actually did: prompting, supervising, physically helping, calming, checking. Leave a row blank if no extra help was needed.

Care diary · Day 7

Date: _____ Household bedtime tonight: _____ (help after this time goes in the Night row)

Q	What the form asks about	What help you gave, and why	How many times	Minutes (total)
54	Getting in, out of or settling in bed (daytime)			
55	Toilet needs			
56	Moving around indoors, stairs, chairs			
57	Washing and bathing			
58	Dressing and undressing			
59	Eating and drinking			
60	Medicines, treatments, monitoring			
61–64	Seeing, hearing, speaking, communicating			
65	Fits, blackouts, seizures			
66	Watching over them to keep them safe			
67	Extra help with development and play			
68	Help at school or nursery (ask school)			
69	Hobbies, clubs, activities			
49–50	Outdoors: guidance, supervision, falls			
70	Night: help after everyone is in bed			

Write what you actually did: prompting, supervising, physically helping, calming, checking. Leave a row blank if no extra help was needed.

Weekly summary · ready for the form

Add up each row across the 7 days. Divide by 7 for a typical day. Then describe it in your own words on the form: what help, how often, how long, and why.

Q	What the form asks about	Times in the week	Minutes in the week	Typical day (÷ 7)
54	Getting in, out of or settling in bed (daytime)			
55	Toilet needs			
56	Moving around indoors, stairs, chairs			
57	Washing and bathing			
58	Dressing and undressing			
59	Eating and drinking			
60	Medicines, treatments, monitoring			
61–64	Seeing, hearing, speaking, communicating			
65	Fits, blackouts, seizures			
66	Watching over them to keep them safe			
67	Extra help with development and play			
68	Help at school or nursery (ask school)			
69	Hobbies, clubs, activities			
49–50	Outdoors: guidance, supervision, falls			
70	Night: help after everyone is in bed			

> **Keep it honest.** Describe a typical week in your own words. Never exaggerate: a clear, true picture is what helps a decision-maker understand your child.

> **Want worked examples for every question?** The full Child DLA Answer Bank covers every question on the DLA1 Child form (June 2026) with strong and weak example answers for all conditions: **nibenefitsnavigator.com/child-dla-landing.html**