



## How to Complete Your Baby's Diary

Beginning at 4:00 AM, think of everything your baby did for the next hour. Write in the activity number that corresponds to what your baby was doing for this hour. Check (☑) a box for every place your baby was during that hour. Fill this out for 24 hours, ending at 3:59 AM (the next day). Fill out a diary for all of the days listed on page 1, or the cover sheet to this package.

**Example 1:** Let's say from 4:00 AM to 5:59 AM, your baby was sleeping at home. Write the word "sleeping" under activities, and check the box for "Inside at home."

Time	Activities	Inside, at home	Inside, at daycare	Inside, somewhere else	Outside, at home	Outside, at daycare	Outside, somewhere else	In transit
4:00 AM – 4:59 AM	Sleeping	☑	☐	☐	☐	☐	☐	☐
5:00 AM – 5:59 AM	Sleeping	☑	☐	☐	☐	☐	☐	☐

For hours where your baby spent time multiple places, write generally what your baby did under "activities" and check a box for every place that your baby spent time during that hour.

**Example 2:** Let's say your baby woke up at about 6:00 AM then you changed her diaper and dressed her for daycare, walked the dog outside with your baby in a stroller, and then you took your baby to daycare you would complete the diary as follows.

Time	Activities	Inside, at home	Inside, at daycare	Inside, somewhere else	Outside, at home	Outside, at daycare	Outside, somewhere else	In transit
4:00 AM – 4:59 AM	Sleeping	☑	☐	☐	☐	☐	☐	☐
5:00 AM – 5:59 AM	Sleeping	☑	☐	☐	☐	☐	☐	☐
6:00 AM – 6:59 AM	Woke up, diaper changed, ate, etc.	☑	☐	☐	☐	☐	☐	☐
7:00 AM – 7:59 AM	Got dressed, walked dog, left for daycare	☑	☐	☐	☑	☐	☐	☑



If you have any questions on how to fill out the diary, call 1-800-XXX-XXXX.

DRAFT





[PUT LABEL HERE THAT LIST THE DAY [EITHER TH, F, SA OR SU, M, TU] AND THE DATE THE RESPONDENT SHOULD FILL OUT THE DIARY]

# Day 3

Now fill in the diary below.

		Time	Activities	Inside, at home	Inside, at daycare	Inside, somewhere else	Outside, at home	Outside, at daycare	Outside, somewhere else	In transit
		Check All that Apply								
<b>Morning</b>		4:00 AM – 4:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		5:00 AM – 5:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		6:00 AM – 6:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		7:00 AM – 7:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		8:00 AM – 8:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		9:00 AM – 9:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		10:00 AM – 10:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Afternoon</b>		11:00 AM – 11:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		12:00 PM – 12:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		1:00 PM – 1:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		2:00 PM – 2:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		3:00 PM – 3:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		4:00 PM – 4:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Evening</b>		5:00 PM – 5:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		6:00 PM – 6:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		7:00 PM – 7:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		8:00 PM – 8:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		9:00 PM – 9:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		10:00 PM – 10:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Night time</b> <small>(AM - next day)</small>		11:00 PM – 11:59 PM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		12:00 AM – 12:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		1:00 AM – 1:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		2:00 AM – 2:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	3:00 AM – 3:59 AM		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**Thank you *very much* for completing this time and place diary. Your answers are very important to the National Children’s Study.**