Appendix A A.2.1.0-1

OMB #: 0925-xxxx Expiration Date: xx/xxxx

Source: Visits: Within X Days of 6 Month Visit Mode: Self-administered (Mail-in) Estimated Time:	BAR CODE LABEL OR SUBJECT ID HERE	
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## Baby (6-month-old) 3-Day Time and Place Diary

6 Month Visit Instructions

	III SUUCIOII S										
1	This booklet contains instructions for the 6-Mo Baby 3-Day Time and Place Diary.										
2	Fill out one Time and Place Diary										
	[PUT LABEL HERE WITH DAYS THE RESPONDENT SHOULD FILL OUT THE DIARY – TWO WEEKDAYS AND ONE WEEKEND DAY] [EITHER TH, F, SA OR SU, M, TU]										
3	Each Time and Place Diary asks about how and where your baby spent his/her time (we are most interested in WHERE your baby spent his/her time on each day).										
4	In this diary, a day begins at 4:00 am in the early morning and ends at 3:59 am the following morning. For each hour of the day, write in generally what your baby was doing at that time.										
5	The diary is designed for you to fill out based on your baby's activities on the previous day. So, if you are to complete a diary for Sunday, then you should fill it out on Monday and if you are to complete a diary on Monday, you should fill it out on Tuesday, and so on. We would like you to complete the diary for 3 days, 1 weekend day, and 2 weekdays. The appropriate days are listed on the label above and on a label at the top of each day of the diary.										
6	Use only a black ball-point pen (not red ink or felt tip) to mark the places where your baby spent his										
	/ her time $lacktriangle$ . If your baby make a mistake, cross out the incorrect answer $lacktriangle$ and draw a circle										
	around the correct answer $\bigcirc$ .										

Public reporting burden for this collection of information is estimated to average 15 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-xxxx\*). Do not return the completed form to this address.

Appendix A A.2.1.0–2

## **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

	<b>Example 1</b> sleeping at ho	Let's say from 4:00 AM to 5:59 AM, your baby was me. Write the word "sleeping" under activities, and che side at home."	Inside, at hom	Inside, at day.	Inside, som	Outside, at h.	Outside, at dave	Outside, Som	In transit	
	Time	Activities			Check	All tha	t Apply			
	4:00 AM – 4:59 AM	Sleeping	V	Ш	╽╙	╽⊔	$   \sqcup   $	Ш	╽╙╽	
	5:00 AM - 5:59 AM	Sleeping	V							
1	Example 2 changed her d	re your baby spent time multiple places, write generally wherevery place that your baby spent time during that hour.  Let's say your baby woke up at about 6:00 AM then you iaper and dressed her for daycare, walked the dog outset in a stroller, and then you took your baby to daycare you the diary as follows.  Activities	ou side		Inside, Som	Outside, at h.		Outside, Som	and In transit	
	4:00 AM – 4:59 AM	Sleeping	V							
	5:00 AM - 5:59 AM	Sleeping	V							
	6:00 AM - 6:59 AM	Woke up, diaper changed, ate, etc.	V							
	7:00 AM – 7:59 AM	Got dressed, walked dog, left for daycare	V			V			$\overline{\mathbf{A}}$	

12:00 PM - 12:59 PM

For hours when	e your baby was inside at da	ycare and did not leave, feel f	ree to	draw	a lin	e dow	n for	all of	the	
hours your bab	y was at daycare. However, i	f you or someone else picked	your	baby	up fr	om da	ycare	for a	n	
appointment, e	tc. please record that approp	riately. Also, if you know that	your	baby'	s car	e prov	ider t	akes	the	
child on a walk at 10:00, check the box for outside, at daycare.										
Example 3	Let's say from 8:00 AM to	11:59 AM, your baby was a	at /	ر ا ق	.   åre	e, at hou	. \ we	Some	r ewhere t	
daycare. Then	at 11:59 AM, you picked up	your baby for a doctor's	Pomod	at claus		at ho	at do	Some		
appointment.			Inside, at hom	Inside, at	Inside, s <sub>c</sub>	Outside, .	Outside, a	Outside, .	In transit	
Time	Acti	vities	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Į į		ි All tha			٤	/
8:00 AM – 8:59 AM		aycare		V						
9:00 AM – 9:59 AM				$\checkmark$						
10:00 AM – 10:59 AM				$\checkmark$			$\checkmark$			
11:00 AM – 11:59 AM				$\checkmark$						

Don't worry too much if you have difficulty writing multiple activities in the "activities" column. This column is to help you remember what your baby did so you can check the box that corresponds to where he/she was.

Doctor's Appointment

It is okay to combine activities under one general title. For example, if your baby spent an hour at home in an exersaucer, or playing on an activity mat, you may write in "playing."

**Example 4:** Let's say that at 5:00 PM you picked your baby up at daycare, when you got home, your baby was playing in an exersaucer, then you fed and bathed your baby and put him/her to bed.

	12:00 PM – 12:59 PM	Doctor's Appointment	
_	1:00 PM – 1:59 PM	At daycare	
Afternoon	2:00 PM – 2:59 PM		
∆ffter	3:00 PM – 3:59 PM		
	4:00 PM – 4:59 PM		
	5:00 PM – 5:59 PM	Drove home from daycare	
	6:00 PM – 6:59 PM	Playing	
	7:00 PM – 7:59 PM	Eating, playing, bathing	
Evening	8:00 PM – 8:59 PM	Sleeping	
Eve	9:00 PM – 9:59 PM		
	10:00 PM – 10:59 PM		
	11:00 PM - 11:59 PM		
0 0	12:00 AM – 12:59 AM		
ht time	1:00 AM - 1:59 AM		
Night time (AM - next day)	2:00 AM – 2:59 AM		
2 3	3:00 AM – 3:59 AM	<u> </u>	

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

[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]

Now fill in the diary below.

Day 1

				_ •					·	
ı	Time	Activities	Inside, at how	Inside, at the	Inside, som	Outside, at h	Outside, at 17	Outside, son	In transit	
	Time	Activities			Check	All tha	t Appl	У		
	4:00 AM – 4:59 AM								<del>                                     </del>	1
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	6:00 AM - 6:59 AM									-
ning	7:00 AM – 7:59 AM		Ш	Ш	Ш	Ш	Ш			
Morning	8:00 AM – 8:59 AM									
	9:00 AM – 9:59 AM									
	10:00 AM – 10:59 AM									
	11:00 AM – 11:59 AM									•
	12:00 PM – 12:59 PM									
u	1:00 PM - 1:59 PM									
noon	2:00 PM - 2:59 PM									
Afternoon	3:00 PM - 3:59 PM									
,	4:00 PM – 4:59 PM									
	5:00 PM - 5:59 PM		Ш	Ш	Ш	Ш	Ш	Ш	Ш	
	6:00 PM - 6:59 PM									
	7:00 PM – 7:59 PM									
Evening	8:00 PM - 8:59 PM									
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	10:00 PM - 10:59 PM		Ш	Ш	Ш	Ш	Ш	Ш		
	11:00 PM - 11:59 PM		Ш		Ш	Ш	Ш	Ш		
<b>S E</b>	12:00 AM – 12:59 AM									
Night time (AM - next day)	1:00 AM - 1:59 AM		ᆜ						ᆜ	
Nigh (AM - r	2:00 AM – 2:59 AM				Ц		Ц		<del>                                     </del>	
	3:00 AM – 3:59 AM						Ш			

[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]

Now fill in the diary below.

			Inside, at hom	Inside, at do.	Inside, some	Outside, at h.	Outside, at 40.	Outside, Som	In transit	
	Time	Activities			Check	All tha	t Appl	У		}
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	6:00 AM – 6:59 AM					Ц				
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	10:00 AM - 10:59 AM									
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ر	1:00 PM - 1:59 PM									
noor	2:00 PM - 2:59 PM									
Afternoon	3:00 PM - 3:59 PM									
	4:00 PM – 4:59 PM									
	5:00 PM - 5:59 PM									
	6:00 PM - 6:59 PM									
	7:00 PM – 7:59 PM									
Evening	8:00 PM - 8:59 PM									
Eve	9:00 PM - 9:59 PM									
	10:00 PM - 10:59 PM									
	11:00 PM - 11:59 PM									
<b>a</b> &	12:00 AM - 12:59 AM									
Night time (AM - next day)	1:00 AM - 1:59 AM									
Nigh	2:00 AM – 2:59 AM									
	3:00 AM - 3:59 AM									

	[PUT LABEL HERE	THAT LIST THE DAY [EITHER TH, F, SA OR S HE RESPONDENT SHOULD FILL OUT THE DIA	U, M,	TU]	Ø					<b>_</b>
	AND THE DATE H	TE RESPONDENT SHOOLD FILE OUT THE DIA	17.1]		Ш		a	У	3	
	Now fill in the dia	ry below.			<u>U</u>			, ,		
Ī	<b>T</b>	Activities	Inside, at hom	Inside, at day.	Inside	Outside, at h.	Outside, at day.	Outside, some	In transit	
	Time 4:00 AM – 4:59 AM	Activities					t Appl	y 		
	5:00 AM – 5:59 AM									
	6:00 AM – 6:59 AM									
ing	7:00 AM – 7:59 AM									
Morning	8:00 AM – 8:59 AM									
Mo	9:00 AM – 9:59 AM									
	10:00 AM - 10:59 AM									
	11:00 AM - 11:59 AM									
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Afternoon	2:00 PM – 2:59 PM									
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t <b>time</b> ext day]	1:00 AM - 1:59 AM									
Night time (AM - next day)	2:00 AM – 2:59 AM									
_	3:00 AM – 3:59 AM									

Thank you <u>very much</u> for completing this time and place diary. Your answers are very important to the National Children's Study.

Appendix A A.2.1.o-

OMB #: 0925-xxxx Expiration Date: xx/xxxx

Source: Visits: Within X Days of 12 Month, 24 Month Visit Mode: Self-administered (Mail-in) Estimated Time:	BAR CODE LABEL OR SUBJECT ID HERE	





## Child 3-Day Time and Place Diary

12/24 Month Visit Instructions

1	This booklet contains instructions for the child 3-Day Time and Place Diary.
2	Fill out one Time and Place Diary
	[PUT LABEL HERE WITH DAYS THE RESPONDENT SHOULD FILL OUT THE DIARY - TWO WEEKDAYS AND ONE WEEKEND DAY] [EITHER TH, F, SA OR SU, M, TU]
3	Each Time and Place Diary asks about how and where your child spent his / her time (we are most interested in WHERE your child spent his/her time on each day).
4	In this diary, a day begins at 4:00 am in the early morning and ends at 3:59 am the following morning. For each hour of the day, write in generally what your child was doing at that time.
5	The diary is designed for you to fill out based on your child's activities on the previous day. So, if you are to complete a diary for Sunday, then you should fill it out on Monday and if you are to complete a diary on Monday, you should fill it out on Tuesday, and so on. We would like you to complete the diary for 3 days, 1 weekend day, and 2 weekdays. The appropriate days are listed on the label above and on a label at the top of each day of the diary.
6	Use only a black ball-point pen (not red ink or felt tip) to mark the places where your child spent his
	/ her time $lacktriangle$ . If your child make a mistake, cross out the incorrect answer $lacktriangle$ and draw a circle
	around the correct answer $igotimes$ .

Public reporting burden for this collection of information is estimated to average 15 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-xxxx\*). Do not return the completed form to this address.

Appendix A A.2.1.0–8

## **How to Complete Your Child's Diary**

corresponds to what your child was doing for this hour. Check (☑) a box for every place your child was during that

Beginning at 4:00 AM, think of everything your child did for the next hour. Write-in the activity number that

hour. Fill this o	ut for 24 hours, ending at 3:59 AM (the next day). Fill out a	diary	for a	ll of tl	he day	ys list	ed or	n page	1, or
the cover sheet	to this package.	/		/	else	/ /	/ g, /	re else	
Example 1	Let's say from 4:00 AM to 5:59 AM, your child was sle	epi <mark>ng</mark>	<b>a</b> /	are	here.	me	/car	whe	
at home. Write	e the word "sleeping" under activities, and check the bo	ox/fo			Maille M	at de			
"Inside at hom	e."	Inside, at	Inside, at day	Inside, sc	Outside, at L	Outside, at do	Outside	In transit	
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5:00 AM - 5:59 AM	Sleeping	$\checkmark$							
check a box for	e your child spent time multiple places, write generally wherevery place that your child spent time during that hour.  Let's say your child woke up at about 6:00 AM then your diaper and dressed him/her for daycare, the two of your a walk, and then you took your child to daycare, you diary as follows.  Activities	ou /	p pome	Inside, Som	Outside, at L	at cl.	Outside S.	In transit	
4:00 AM – 4:59 AM	Sleeping	✓			Ш				
5:00 AM – 5:59 AM	Sleeping	$\checkmark$							
6:00 AM – 6:59 AM	Woke up, diaper changed, ate, etc.	V							-
7:00 AM – 7:59 AM	Got dressed, went for a walk, left for daycare	$\checkmark$			V			V	
8:00 AM – 8:59 AM	At daycare		V						
		_	_	_		_		_	-

For hours where your child was inside at daycare and did not leave, feel free to draw a line down for all of the hours your child was at daycare. However, if you or someone else picked your child up from daycare for an appointment, etc. please record that appropriately. Also, if you know that your child's care provider takes the child on a walk at 10:00, check the box for outside, at daycare.

**Example 3:** Let's say from 8:00 AM to 11:59 AM, your child was at daycare. Then at 11:59 AM, you picked up your child for a doctor's appointment.

•	Let's say from 8:00 AM to at 11:59 AM, you picked u	o 11:59 AM, your child was a p your child for a doctor's	Inside, at hom	Inside, at <sub>da</sub>	Inside, some	Outside, at h.	' / <i>'</i> ≢	Outside, som	In transit	
Time	Acti	vities			Check	All tha	t Appl	У		
8:00 AM – 8:59 AM	At d	aycare		V						
9:00 AM – 9:59 AM				V						
10:00 AM - 10:59 AM				V			V			
11:00 AM – 11:59 AM				V						
12:00 PM - 12:59 PM	Doctor's A	appointment			V				V	

Don't worry too much if you have difficulty writing multiple activities in the "activities" column. This column is to help you remember what your child did so you can check the box that corresponds to where he/she was.

It is okay to combine activities under one general title. For example, if your child spent an hour at home in an exersaucer, or playing on an activity mat, you may write in "playing."

**Example 4:** Let's say that at 5:00 PM you picked your child up at daycare, when you got home, your child was playing then you fed and bathed your child and put him/her to bed.

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	12:00 PM - 12:59 PM	Doctor's Appointment			$\checkmark$				$\overline{\mathbf{V}}$
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4	4:00 PM – 4:59 PM			V					
	5:00 PM – 5:59 PM	Drove home from daycare	V			V			V
	6:00 PM - 6:59 PM	Playing	V						
	7:00 PM – 7:59 PM	Eating, playing, bathing	V						
Evening	8:00 PM - 8:59 PM	Sleeping	V						
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Night	2:00 AM – 2:59 AM								
2 3	3:00 AM – 3:59 AM	<b>V</b>							

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

[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]

Now fill in the diary below.



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Night time (AM - next day)	1:00 AM - 1:59 AM									
Nigh	2:00 AM – 2:59 AM									
	3:00 AM - 3:59 AM				Ш	Ш				

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	Now fill in the dia	ry below.			<u>_U</u>	,	,			
			Inside, at ho	Inside, at day.	Inside	Outside, at ho.	Outside, at day	Outside, somewho.	In transit	
	Time 4:00 AM – 4:59 AM	Activities			Check	All tha	t Appl	y		
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t day)	1:00 AM - 1:59 AM									
Night time (AM - next day)	2:00 AM – 2:59 AM									
Z	3:00 AM - 3:59 AM									

[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]										
	Now fill in the diary below.							y	3	
	Time	Activities	Inside, at hom	Inside, at day.	Inside, some	Outside, at ho.	Outside, at da	Outside, Som	In transit	
	4:00 AM – 4:59 AM	Activities				All tha		<u>,</u>		
	5:00 AM – 5:59 AM									
	6:00 AM – 6:59 AM									
jing	7:00 AM – 7:59 AM									
Morning	8:00 AM – 8:59 AM									
	9:00 AM – 9:59 AM									
	10:00 AM - 10:59 AM		Ц					Ц		
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Thank you <u>very much</u> for completing this time and place diary. Your answers are very important to the National children's Study.