



WAVE 1
Child's diary
FIRST DAY

STUDY CHILD'S NAME:

K1D1

1 Please complete your diary on / / 04

Z2

OFFICE USE ONLY

K1D2

2 Monday Tuesday Wednesday Thursday Friday Saturday Sunday
1 2 3 4 5 6 7

Please answer these questions after completing the diary.

3 Who filled in this diary?

Name:

7 What kind of day is described in this diary?

(please fill in ALL OVALS which apply)

K1D7a
to
K1D7l

- 1 An ordinary day
- 2 A holiday or a family celebration
- 3 A school holiday for brother / sister
- 4 A parent took time off work
- 5 Our family dealt with a crisis
- 6 We had guests staying with us
- 7 A family member was away
- 8 I was ill
- 9 This child was ill
- 10 This child was a great deal more stressed than normal

a
b
c
d
e
f
g
h
i
j
k
l

4 Relationship to child:

- 1 Mother
- 2 Father
- 3 Grandmother
- 4 Other Relative
- 5 Carer / Babysitter
- 6 Other (please specify)

K1D4

K1D4o

5 When did you fill in this diary?

- 1 More than 3 times a day
- 2 2 to 3 times during the day
- 3 Once, when the child went to bed
- 4 Once, the next morning
- 5 At a later time

K1D5

6 Diary completed on

/ / 04

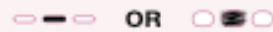
K1D6

PLEASE DO NOT FOLD OR BEND THIS DIARY

GROWING UP IN AUSTRALIA

Instructions:

Please **MARK LIKE THIS ONLY:**



- ❖ Use the pencil provided or another pencil (preferably 2B).
- ❖ Only use pencil, do **NOT** use ballpoint or felt tip pens.
- ❖ If you make a mistake in pencil, please erase fully.



This diary covers what **your child has been doing** over the 24 hours that started at 4 AM today and ends at 4 AM tomorrow.

Each oval in the diary grid represents 15 minutes. For each 15 minutes, please draw a line across the ovals that show:

- * what your child was doing (white rows)
- * where she or he was (light shaded section)
- * who else was present (medium shaded section)
- * whether you paid for the child to do an activity (dark shaded section)

Mark at least one row in each of the white, light shaded and medium shaded sections for each quarter hour.

The **WHITE ROWS** show what your child was doing. Most parents mark only 1 or 2 activities per time slot, but you can mark other rows if your child did more than one thing during the 15 minutes. Please do not mark more than 4 categories for any one quarter hour.

For example:

- * Swimming lessons are both "other exercise" and an "organised lesson".
 - * Sleeping in the car is both sleeping and travel in a car.
- *** **Please mark a travel section when your child moved from one place to another.**

The **LIGHT SHADED SECTION** towards the bottom of the page shows where your child was. If your child moved from one place to another during the 15 minutes, please mark both locations.

The **MEDIUM SHADED SECTION** at the bottom of the page shows who was in the same room, or who was near the child if the child was outside.

The **DARK SHADED SECTION** at the bottom of the page shows if you or someone else paid for the child to do an activity or to be in care.

You can choose to fill in the diary:

- * 2 or 3 times during the day;
- * all at once when your child goes to bed; OR
- * in the morning after the diary day.

Thank you for participating in this study.

Below is how the diary is filled in for the following example of a child's morning.

This boy woke up at 6:30 am, partially dressed and watched TV until his mother came in to help him finish dressing. The boy had breakfast with his parents and his sister and the family had a general discussion during breakfast. The cat came inside while they had breakfast. His mother then showed him how to feed the cat while he played with his teddy bear. His mother then took him with her while dropping his sister off at school. While in the car he did nothing in particular, and then walked around the shops with his mother. After his mother showed him how to choose good vegetables, this boy got restless then fussy. His mother took him in the car to McDonalds where she comforted him while they ate. They then continued shopping at shops next to McDonalds, before returning home.

DIARY for four-year-olds		Night			Morning															
		6 AM 0 15 30 45	8 AM 0 15 30 45	9 AM 0 15 30 45	7 AM 0 15 30 45	8 AM 0 15 30 45	9 AM 0 15 30 45	10 AM 0 15 30 45	11 AM 0 15 30 45	12 PM 0 15 30 45										
what was the child doing	not sure what child was doing																			
	sleeping, napping	████████████████████																		
	awake in bed																			
	eating, drinking, being fed					████████														
	bathe, dress, hair care, health care				██████	██████														
	do nothing, bored / restless							████████												
	crying, upset, tantrum																			
	destroy things, create mess																			
	held, cuddled, comforted, soothed																			
	being reprimanded, corrected																			
	watching TV, video, DVD, movie				████████															
	listening to tapes, CDs, radio, music																			
	use computer / computer games																			
	read a story, talk / sing, talked / sung to							████████												
	colour, look at book, educational game																			
	being taught to do chores, read, etc.																			
	walk for travel or for fun											████████								
	ride bicycle, trike, etc. (travel or fun)																			
	other exercise – swim / dance / run about																			
	visiting people, special event, party																			
other play, other activities								████████												
travel in pusher or on bicycle seat																				
travel in car / other household vehicle									████████											
travel on public transport, ferry, plane																				
taken places with adult (e.g. shopping)																				
organised lessons / activities																				
		6 AM 0 15 30 45	8 AM 0 15 30 45	9 AM 0 15 30 45	7 AM 0 15 30 45	8 AM 0 15 30 45	9 AM 0 15 30 45	10 AM 0 15 30 45	11 AM 0 15 30 45	12 PM 0 15 30 45										
where was the child	own home (indoors)																			
	other person's home (indoors)																			
	day care centre, playgroup																			
	other indoors																			
	other outdoors																			
in the same room, nearby if outside	alone																			
	mother, step-mother																			
	father, step-father																			
	grandparent(s) / other adult relative(s)																			
	brother(s), sister(s), other children																			
	other adult(s)																			
	dog, cat or other pet (not fish)																			
paid	someone paid for this activity																			

K1DA?!

! = 01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

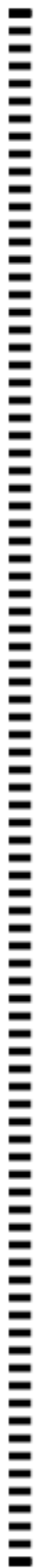
DIARY for four-year-olds		Night				Morning															
		4 AM		5 AM		6 AM		7 AM		8 AM		9 AM									
		0	15	30	45	0	15	30	45	0	15	30	45	0	15	30	45	0	15	30	45
what was the child doing	not sure what child was doing	?=A01																			
	sleeping, napping	A02																			
	awake in bed	A03																			
	eating, drinking, being fed	A04																			
	bathe, dress, hair care, health care	A05																			
	do nothing, bored / restless	A06																			
	crying, upset, tantrum	A07																			
	destroy things, create mess	A08																			
	held, cuddled, comforted, soothed	A09																			
	being reprimanded, corrected	A10																			
	watching TV, video, DVD, movie	A11																			
	listening to tapes, CDs, radio, music	A12																			
	use computer / computer games	A13																			
	read a story, talk / sing, talked / sung to	A14																			
	colour, look at book, educational game	A15																			
	being taught to do chores, read, etc.	A16																			
	walk for travel or for fun	A17																			
	ride bicycle, trike, etc. (travel or fun)	A18																			
	other exercise – swim / dance / run about	A19																			
	visiting people, special event, party	A20																			
	other play, other activities	A21																			
	travel in pusher or on bicycle seat	A22																			
	travel in car / other household vehicle	A23																			
	travel on public transport, ferry, plane	A24																			
	taken places with adult (e.g. shopping)	A25																			
	organised lessons / activities	A26																			
		4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM		
where was the child	own home (indoors)	B01																			
	other person's home (indoors)	B02																			
	day care centre, playgroup	B03																			
	other indoors	B04																			
	other outdoors	B05																			
in the same room, nearby if outside	alone	C01																			
	mother, step-mother	C02																			
	father, step-father	C03																			
	grandparent(s) / other adult relative(s)	C04																			
	brother(s), sister(s), other children	C05																			
	other adult(s)	C06																			
	dog, cat or other pet (not fish)	C07																			
paid	someone paid for this activity	D01																			

K1DA?!

DIARY for four-year-olds

		Evening					
		4 PM	5 PM	6 PM	7 PM	8 PM	9 PM
		0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45
what was the child doing	not sure what child was doing	?=A01					
	sleeping, napping	A02					
	awake in bed	A03					
	eating, drinking, being fed	A04					
	bathe, dress, hair care, health care	A05					
	do nothing, bored / restless	A06					
	crying, upset, tantrum	A07					
	destroy things, create mess	A08					
	held, cuddled, comforted, soothed	A09					
	being reprimanded, corrected	A10					
	watching TV, video, DVD, movie	A11					
	listening to tapes, CDs, radio, music	A12					
	use computer / computer games	A13					
	read a story, talk / sing, talked / sung to	A14					
	colour, look at book, educational game	A15					
	being taught to do chores, read, etc.	A16					
	walk for travel or for fun	A17					
	ride bicycle, trike, etc. (travel or fun)	A18					
	other exercise – swim / dance / run about	A19					
	visiting people, special event, party	A20					
	other play, other activities	A21					
	travel in pusher or on bicycle seat	A22					
	travel in car / other household vehicle	A23					
	travel on public transport, ferry, plane	A24					
	taken places with adult (e.g. shopping)	A25					
	organised lessons / activities	A26					
		4 PM	5 PM	6 PM	7 PM	8 PM	9 PM
		0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45
where was the child	own home (indoors)	B01					
	other person's home (indoors)	B02					
	day care centre, playgroup	B03					
	other indoors	B04					
	other outdoors	B05					
in the same room, nearby if outside	alone	C01					
	mother, step-mother	C02					
	father, step-father	C03					
	grandparent(s) / other adult relative(s)	C04					
	brother(s), sister(s), other children	C05					
	other adult(s)	C06					
	dog, cat or other pet (not fish)	C07					
paid	someone paid for this activity	D01					

Night						DIARY for four-year-olds			
10 PM	11 PM	12 AM	1 AM	2 AM	3 AM	what was the child doing			
0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45				
								?=A01	not sure what child was doing
								A02	sleeping, napping
								A03	awake in bed
								A04	eating, drinking, being fed
								A05	bathe, dress, hair care, health care
								A06	do nothing, bored / restless
								A07	crying, upset, tantrum
								A08	destroy things, create mess
								A09	held, cuddled, comforted, soothed
								A10	being reprimanded, corrected
								A11	watching TV, video, DVD, movie
								A12	listening to tapes, CDs, radio, music
								A13	use computer / computer games
								A14	read a story, talk / sing, talked / sung to
								A15	colour, look at book, educational game
								A16	being taught to do chores, read, etc.
								A17	walk for travel or for fun
								A18	ride bicycle, trike, etc. (travel or fun)
								A19	other exercise – swim / dance / run about
								A20	visiting people, special event, party
								A21	other play, other activities
								A22	travel in pusher or on bicycle seat
								A23	travel in car / other household vehicle
								A24	travel on public transport, ferry, plane
						A25	taken places with adult (e.g. shopping)		
						A26	organised lessons / activities		
10 PM	11 PM	12 AM	1 AM	2 AM	3 AM	where was the child			
0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45	0 15 30 45				
								B01	own home (indoors)
								B02	other person's home (indoors)
								B03	day care centre, playgroup
						B04	other indoors		
						B05	other outdoors		
						in the same room, nearby if outside			
								C01	alone
								C02	mother, step-mother
								C03	father, step-father
								C04	grandparent(s) / other adult relative(s)
								C05	brother(s), sister(s), other children
								C06	other adult(s)
						C07	dog, cat or other pet (not fish)		
						paid			
						D01	someone paid for this activity		



D1DZ1

Z1 If you have any comments on filling in this diary, please write them in the space provided below.

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Thank you for completing this diary

Once both diaries are completed, please place in the envelope provided and either:

1. Mail back to our office (*Growing Up in Australia*, Reply Paid 1215, EASTERN MC VIC 3110).

OR

2. If arranged, the interviewer will collect.

PLEASE DO NOT FOLD OR BEND THIS DIARY

If you have any questions, you can contact *I-view* on **1800 005 508** and mention **Growing Up in Australia.**

