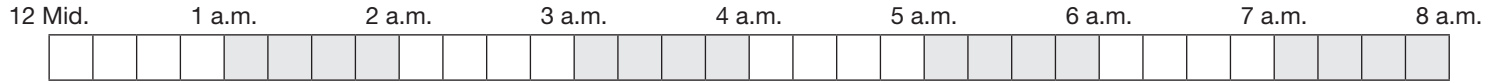


My Baby's Behavior Diary

My baby's name: _____

The most pleasant time today with my baby was: _____

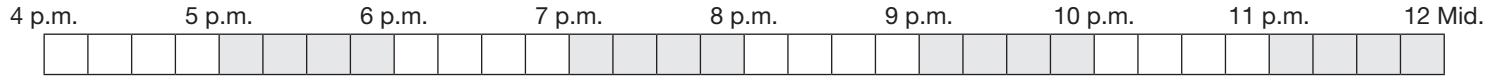
Date started: _____ / _____ / _____
 Month Day Year



Fussing: _____ Crying: _____ Eating: _____ Awake: _____ Sleeping: _____



Fussing: _____ Crying: _____ Eating: _____ Awake: _____ Sleeping: _____



Fussing: _____ Crying: _____ Eating: _____ Awake: _____ Sleeping: _____

TOTAL MINUTES (24-HOUR DAY)

Fussing: _____ Crying: _____ Eating: _____ Awake: _____ Sleeping: _____

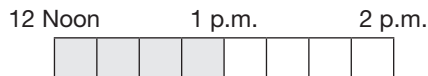
(continued)



My Baby's Behavior Diary:

Instructions

This is a diary of what your baby did during a 24-hour day. One complete 24-hour day is indicated by the three horizontal bars (midnight to 8 a.m., 8 a.m. to 4 p.m., and 4 p.m. to midnight). Each box on the bar indicates a 15-minute period (four boxes per hour), and the time of day is indicated along the top of the bars:



How to Fill Out the Form

- In each box in the diary, mark the letter for the *main* behavior your baby was showing in each of the 15-minute blocks:

A = Awake (your baby is awake and alert, looking around or playing)

E = Eating (your baby is being fed and is sucking and swallowing)

S = Sleeping (your baby is sleeping peacefully)

F = Fussing (your baby is agitated and upset and probably moving a lot; your baby may be making fussy sounds but not cries; your baby is awake and uncomfortable)

C = Crying (your baby is crying with each breath and is very uncomfortable; it usually takes a lot of effort to soothe your baby)



- Record only *one* behavior for each block. Sometimes your baby may be doing two behaviors during the 15-minute period. Choose the *main* (longest, most noticeable) behavior that occurred during the 15-minute period.

- Carry the diary sheet around with you and your baby during the day (and keep the diary beside where your baby sleeps), so that you can fill the diary out many times (rather than trying to look back over several hours, trying to remember what your baby did).

- Total the minutes spent in each behavior (for each letter, count the number of blocks for that letter and multiply by 15). If desired, you may fill in this section with the professional who gave you the diary to complete.



In this example, representing 5 hours, the baby was awake (A) for 1 hour 15 minutes (5 blocks times 15 equals 75 minutes), ate (E) for 30 minutes, slept (S) for 1 hour, fussed (F) for 45 minutes, and cried (C) for 1 hour 30 minutes.

ABOUT YOU (write in your specialty and check one field that best applies)

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