Some people find it helpful to cut out the chart below and paste it into their ECERS-R.

Calculating "substantial portion of the day"	
	Substantial portion
	(1/3) of these hours
4	*
4.5	1 hour, 30 minutes
5	1 hour, 40 minutes
5.5	1 hour, 50 minutes
6	2 hours
6.5	2 hours, 10 minutes
7	
7.5	
8	
8.5	
9	
9.5	
10	
10.5	
11	
11.5	3 hours, 50 minutes
12	
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