

Babysitter Information Sheet

Emergency numbers and contacts — keep this page on the fridge



EMERGENCY: 911

Poison Help: 1-800-222-1222 (free, 24/7).

HOME ADDRESS + CROSS STREET (FOR 911)

In an emergency, call 911 first — then call the parents. When unsure, call. In a fire, get everyone out, go to the meeting spot and call 911 from a neighbor's or a mobile phone.

PARENTS TONIGHT

PARENT / GUARDIAN	MOBILE	TEXT OR CALL?
SECOND PARENT / GUARDIAN	MOBILE	TEXT OR CALL?
WHERE WE WILL BE	PHONE THERE	HOME BY

IF YOU CANNOT REACH US, CALL

NEARBY ADULT / NEIGHBOR	RELATIONSHIP	PHONE
SECOND BACKUP	RELATIONSHIP	PHONE

MEDICAL

PEDIATRICIAN	PHONE
NEAREST HOSPITAL / URGENT CARE	PHONE

SAFETY

MEETING SPOT OUTSIDE (FIRE)	FIRST-AID KIT + FLASHLIGHT ARE

NOTES FOR THE SITTER TONIGHT

Child Information

One block per child — print another page for more children



PHOTO	NAME		NICKNAME
	DATE OF BIRTH	APPROX. WEIGHT	AGE / GRADE
ALLERGIES (FOOD, MEDICINE, INSECT, OTHER)			
MEDICAL CONDITIONS / SPECIAL NEEDS (PARENTS FILL IN)			
COMFORT ITEMS + WHAT CALMS THEM		FEARS / TRIGGERS	
FAVORITE THINGS + ANYTHING ELSE TO KNOW			

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Tonight's Plan & House Rules

Fill in before each visit and walk through it together



TIME	WHAT HAPPENS (DINNER, BATH, BOOKS, BED)	WHICH CHILD

FOOD

DINNER + SNACKS ALLOWED

NOT ALLOWED

Never give any medicine or food unless the parents have written it here or told you directly. Do not change a dose — call the parents or the doctor with any question.

HOUSE RULES

SCREEN TIME (WHAT + HOW LONG)

ROOMS / AREAS OFF-LIMITS

OUTSIDE / LEAVING THE HOUSE?

VISITORS ALLOWED?

HOW WE HANDLE TOUGH MOMENTS (OUR WORDS, CALM-DOWN IDEAS)

Sitter's Report

Sitter: fill this in before the parents get home

[illegible]