



FIRST DAY

BABYSITTER CHECKLIST

Get started on the right foot.



OUR CONTACT INFO

| | | |
|----------------------|----------------------|----------------------|
| Parent's name | phone number | location today |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

| | | |
|----------------------|----------------------|----------------------|
| Parent's name | phone number | location today |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

| | |
|----------------------|----------------------|
| Home address | return time |
| <input type="text"/> | <input type="text"/> |

If you need to reach me: Text me Call me



IN CASE OF EMERGENCY

| | | |
|----------------------|----------------------|----------------------|
| Local police | Fire department | Poison control |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

| | | |
|----------------------|----------------------|----------------------|
| Emergency contact 1 | phone number | relationship |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

| | | |
|----------------------|----------------------|----------------------|
| Emergency contact 2 | phone number | relationship |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |



Child's name:



HOUSE & RULES

Top house rules

No shoes in the house? Pets stay inside?

Screentime

Restrictions on programming or time?

Wi-Fi password

Personal cell phone policy

- Only to communicate with our family
- Limit to emergencies
- OK is child if sleeping
- Occasional usage is fine

House phone policy

- Answer and take message
- Let voicemail get it

Alarm code



HEALTH & SAFETY

Allergies or medical issues

Include dosages and times for medications

Location of emergency items

Bandages, Benedryl, EpiPen

Children's doctor

phone number

address

Medical insurance provider number

phone number

Children's dentist

phone number

Please use : sunscreen bug spray



Child's name:



MEALS & SNACKS

Breakfast

:

Snack

:

Lunch

:

Snack

:

Dinner

:

Favorite foods

Foods to avoid



NAPS & BEDTIME

Nap #1

:

Nap #2

:

Bedtime

:

Bedtime routine

In the crib

- Child only
- Stuffed animal & blankets ok



FUN & FAVORITES

Favorite toys, games, and activities

What does your family like to do for fun

Special notes

