

BABYSITTER INFORMATION SHEET

Everything your sitter needs in one place — keep it posted on the fridge.

Date: _____ Sitter Name: _____

PARENT CONTACTS

Parent 1 Name: _____ Cell: _____

Where I'll be tonight: _____

Parent 2 Name: _____ Cell: _____

Where I'll be tonight: _____

Expected return time: _____

EMERGENCY CONTACTS

CALL 911 FIRST for any life-threatening emergency. Then call us.

Poison Control: _____ **1-800-222-1222** _____

Pediatrician: _____ Phone: _____

Nearest Hospital: _____ Phone: _____

Emergency contact (local): _____ Phone: _____

Emergency contact (family): _____ Phone: _____

HOME & ACCESS

Home Address: _____

Cross streets / landmarks: _____

Wifi Network: _____ Password: _____

Garage / door code: _____ Alarm code: _____

CHILDREN

Child 1

Name: _____ Age: _____

Nickname: _____ DOB: _____

Allergies (critical):

Medications & dosing:

Conditions / things to know:

Child 2

Name:

Age:

Nickname:

DOB:

Allergies (critical):

Medications & dosing:

Conditions / things to know:

Child 3

Name:

Age:

Nickname:

DOB:

Allergies (critical):

Medications & dosing:

Conditions / things to know:

ROUTINES

Meals & snacks (what's allowed, what's not):

Nap / bedtime routine:

Screen time rules:

Comfort items / how they self-soothe:

HOUSE RULES & NOTES

Visitors, outdoor play, off-limit areas:

Discipline approach we use:

Anything else the sitter should know:

IN AN EMERGENCY

1. Make sure children are safe.
2. Call 911 if anyone is hurt, unresponsive, or in immediate danger.
3. Call us — try Parent 1 first, then Parent 2, then the local emergency contact.
4. Tell 911: our address (above), child's name, age, and what happened.
5. Stay on the line with 911 until help arrives.