

What Your Babysitter Needs To Know⁶

No one knows your child the way you do, or knows all the things needed to best care for him or her. Since you can't always be there, this Care Sheet can be a quick way to note all the important details. When leaving your child in the care of someone else, make sure your sitter has all the information she or he might need: print and fill out this convenient page.

My Name: _____ Cell phone/pager number _____

Child's Name: _____

While out, I will be at: _____ at _____
(location / phone number) (time)

Food allergies my child has: _____

Drug/medicine allergies my child has: _____

What my child may eat and when –

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

What my child may not eat: _____

What my child may watch on TV: _____

What my child may not watch on TV: _____

Activities my child enjoys (books, toys, songs): _____

Bedtime is: _____ (time)

In Case of Emergency:

If calling 911, our address is: _____

Closest major intersection is: _____

Closest neighbor you can contact in an emergency: (name) _____

(address) _____ (phone number) _____

Child's Doctor: _____ (phone number) _____

Other person to contact in case of emergency: _____

Notes: _____
