



# Baby Sitter Instructions

## About us:

|              | Mom   | Dad   | Where to find us while we're out |
|--------------|-------|-------|----------------------------------|
| name         | <hr/> | <hr/> | <hr/>                            |
| cell phone   | <hr/> | <hr/> | <hr/>                            |
| and other    | <hr/> | <hr/> | <hr/>                            |
| contact info | <hr/> | <hr/> | <hr/>                            |

## About the Children:

|   | Child 1           | Child 2           | Child 3           | Child 4           |
|---|-------------------|-------------------|-------------------|-------------------|
| name & age  | <hr/>             | <hr/>             | <hr/>             | <hr/>             |
| medical conditions,<br>allergies or other<br>notable things | <hr/> <hr/>       | <hr/> <hr/>       | <hr/> <hr/>       | <hr/> <hr/>       |
| medications<br>and times                                    | <hr/> <hr/>       | <hr/> <hr/>       | <hr/> <hr/>       | <hr/> <hr/>       |
| favorite toys<br>& activities                               | <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> |
| meals, snacks<br>and times                                  | <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> | <hr/> <hr/> <hr/> |
| bed time  | <hr/>             | <hr/>             | <hr/>             | <hr/>             |

## In an emergency, if we can't be reached, call:

|                                  | Contact 1   | Contact 2   | Local Emergency Numbers |
|----------------------------------|-------------|-------------|-------------------------|
| name and relation                | <hr/>       | <hr/>       | 911 <hr/>               |
| phone and other<br>contact info. | <hr/> <hr/> | <hr/> <hr/> | Police <hr/>            |
|                                  |             |             | Fire House <hr/>        |
|                                  |             |             | Hospital / E.R. <hr/>   |