

Babysitter information sheet

Fill it in, stick it on the fridge, and walk your sitter through it before you leave.

In an emergency, call 911 first. Then call us. Give 911 this address:

Our address _____

Nearest cross street _____ Poison control _____

How to reach us

Parent 1 _____ Phone _____

Parent 2 _____ Phone _____

Where we'll be _____ Back by _____

Backup adult nearby _____ Phone _____

Family doctor _____ Phone _____

The kids

Name and age	Allergies	Medicine (what, when, how much)	Bedtime	Routine, comfort item, things to know

Tonight

Dinner / snacks _____ Not allowed to eat _____

Screens _____ Bath _____

Homework _____ Lights out _____

House rules

☐ Friends over ☐ Kids outside alone ☐ Pets need feeding ☐ OK to drive the kids ☐ Answer the door

Anything else _____

Around the house

First aid kit _____ Fire extinguisher _____

Flashlight _____ Wi-Fi _____

Spare key _____ How to lock up _____

Pickups

Who may pick the kids up _____

Nobody else picks the kids up unless we've called you first.