

Babysitting Info Sheet



Emergency? Call 911 first, then the parents. Poison Control: 1-800-222-1222.

FAMILY

Parent 1 name and cell

Parent 2 name and cell

Where they'll be

Back home by

Home address (for 911)

Backup contact and phone

Kids' doctor

Nearest hospital

KIDS

Name	Age	Allergies	Medicine (dose and time)	Bedtime

HOUSE RULES

Dinner and snacks

Screen time

Off limits

Bedtime routine

HOUSE INFO

Wi-Fi

First aid kit is in

Flashlight is in

Pets and what they need

NOTES FROM TONIGHT For the sitter: what they ate, when they fell asleep, anything that happened