

Babysitter Checklist

HOUSE RULES

Television programs and movies that are acceptable or unacceptable: _____

Foods that are acceptable or unacceptable: _____

Guidelines for outdoor play: _____

Guidelines for company: _____

Bedtime routine: _____

Home Address: _____

Directions to Our Home: _____

Home Phone: _____ Work Phone: _____

Cell Phone(s): _____ Pager #: _____

Medical Emergency Contact(s): _____

Police Department: _____ Fire Department: _____

Other Important Phone #s: _____

Poison Control: 1-800-222-1222

Pediatrician Name: _____

Pediatrician Phone: _____ Address: _____

Hospital: _____ Address: _____

Hospital Phone: _____

HEALTH INSURANCE INFORMATION

Company: _____ Group #: _____ ID #: _____

NEIGHBOR INFORMATION

Names & Phone #s of Neighbors: _____

CHILD'S INFORMATION

Name: _____ Birthdate: _____ Bedtime: _____

Height: _____ Weight: _____ Allergies: _____

Foods Not Allowed: _____

Medical Condition(s): _____

Medications: _____ Dosage: _____

Name: _____ Birthdate: _____ Bedtime: _____

Height: _____ Weight: _____ Allergies: _____

Foods Not Allowed: _____

Medical Condition(s): _____

Medications: _____ Dosage: _____

IN CASE OF A FIRE

In the case of a small, contained fire (on the stove, for example), the fire extinguisher can be used if you already know how to operate one.

OUR FIRE EXTINGUISHER IS LOCATED: _____

In the event of a larger fire, gather all the children immediately and usher them out of the house via the nearest door or window.

Test the doors before you open them. Kneel down, reach up as high as you can, and touch the door with the back of your hand — at the knob and around the cracks. If the door is warm, try another escape route.

Take the kids straight to a neighbor's house — preferably one who is on the "in case of emergency" list — and call 911 from there.