

## Parenting

# babysitter guide

Everything your  
sitter needs to know  
about your family

by Julie Tilsner

### About us...

Name: .....

Address: .....

Nearest cross streets: .....

Home phone: .....

Mom's cell phone: .....

Dad's cell phone: .....

First child: ..... Birthday: .....

Second child: ..... Birthday: .....

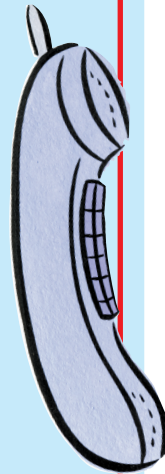
Third child: ..... Birthday: .....

Pets: .....

What else you should know: .....

.....

.....



### Emergency contacts

In case of a  
real emergency, dial:

# 911

Police Dept: .....

Fire Dept: .....

Poison Control Center: **800-222-1222**

Doctor's name: .....

Doctor's phone number: .....

Kids' insurance plan name and number:  
.....  
.....

### Additional contacts

Whom to call: .....

Where they are: .....

Phone number: .....

### Medical conditions

More about the kids: .....

.....

Medications/instructions: .....

.....

Allergies: .....

.....

### Someone's sick?

**In case of fever, call us.**

Thermometer is located: .....

**How to use it:** .....

.....

.....

Fever/pain reliever is located: .....

.....

**Special instructions:** .....

.....

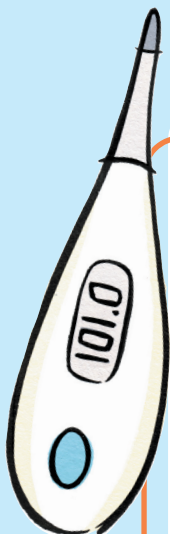
**For minor scrapes,** bandages are located:

.....

**No more than** ..... **per cut!**

**Other reasons to call us:**

.....



# Info to make your job easier

## Food for them

Kids usually eat around: ..... They found the sugar? Some ideas to burn it off: .....

Foods the kids will eat include: .....  
 .....  
 .....

Breakfast cereal OK? .....  
 (yes/no) Milk? (yes/no) .....  
 Snack after dinner? (yes/no) .....  
 What kind: .....  
 How much: .....  
 No sugar for kids after: .....

## Snacks for you

Food you can help yourself to: .....  
 .....  
 Open new treats? (Yes/Please don't) .....  
 Finish old treats? (Yes/Please don't) .....

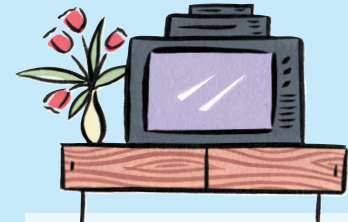
## Time for bed!

Bedtime is: ..... Drink-of-water limit: .....  
 Where to find pajamas: ..... Have-to-go-potty limit: .....  
 Name of lovey: ..... **I MEAN IT!** Bedtime is: .....  
 Bedtime routine: ..... **I'm calling your parents now** bedtime is: .....  
 ..... **Monsters?** Try this: .....

**Typical excuses** for avoiding bedtime that you shouldn't believe: .....  
 .....  
 Bedtime-story limit: ..... Common real bedtime problems: .....  
 Try this: .....

## How to stay awake till we get home

**Are friends allowed over?** (yes/no/one only) ..... Special instructions: .....  
 You (can/can't) use the **computer** .....  
 Password: ..... **Thanks for sitting!** Let us know if you have any questions for next time.  
 You (can/can't) **talk on the phone** .....  
 You (can/can't) **listen to our CDs** .....



## TV time

Which remote is which?

**TV:** .....

**VCR/DVD:** .....

**CD PLAYER:** .....

Other TV instructions: .....  
 .....

Video/DVD/computer-game **limit:** .....

**Parent-sanctioned tapes/DVDs** are located: .....  
 .....

Amount of **TV time allowed:** .....

## More fun

**Favorite games:** .....  
 .....

**Don't let them talk you into:** .....  
 .....

**Art supplies** are located: .....  
 .....

**No art projects** allowed in: .....

