

Babysitting Information Sheet



Home Information

Address

Parents

Children (Name, DOB, age, hair color, and weight/height)

Babysitting Plans

Expected Return Time

Food and beverages for children

Bedtimes and bedtime routine

Allergies

Food

Drugs

Reaching Me

Phone number

Name and address

Medical Info

Medications (Times and doses)

Doctor name and contact info

Insurance Information

Special information

Important Information

House Rules

Location of first aid supplies

Location of fire extinguisher, flashlights, and other emergency supplies

Emergency Contacts

Special Notes/Instructions

In case of emergency CALL 911
Poison Control Hotline: 1(800)222-1222