**BABYSITTER CHECKLIST**


# GENERAL INFO

**TO CONTACT US**

**CHILD(REN)’S INFO**

**IN AN EMERGENCY**

**Call 911**

**HOUSE RULES**

**FOOD GUIDELINES**

**PARENTAL RELEASE**

Our names: Residence phone:

Residence address: Cross streets:

Where we will be: Time expected home: Address: Phone: Cell phone: Secondary cell phone:

Name: DOB: Allergies/special needs: Name: DOB: Allergies/special needs: Name: DOB: Allergies/special needs: Mealtime: Bedtime: Snacks: Additional information or special instructions:

Poison Control: Doctor: Neighbor: Relative: Our fire extinguisher is located:

TV & computer programs that are un/acceptable: Foods that are un/acceptable: Guidelines for outside play: Guidelines for inside play: Guidelines for company: Bedtime routine:

*Never leave a child unattended with food. Make sure any food given to a child under 4 years old is cut into small pieces (size of a fingertip). Avoid giving raisins, hot dogs, raw carrots, celery, grapes, nuts, hard candy, gum, popcorn, raw pears and apples to children under 4 years of age. For ages 4 to 6, be sure to peel and cube apples, pears, and carrots. Never drink or eat anything hot while holding a baby.*

In the event that there is a medical emergency, below is an Emergency Treatment Release:

Child’s name: Birthdate:

Health insurance provider: Policy number:

Any licensed physician, dentist, or hospital may give necessary emergency medical service to my child at the request of the person bearing this request form.

*Signature of Parent or Legal Guardian Date*