

Babysitter Information Sheet

Leave a sitter with the numbers, the address and the routine written down rather than explained in a hurry at the door.

Everything a sitter needs on one page: who to call, where things are, and what the evening looks like.

WHERE IT IS AND WHO TO CALL

No medical instruction of any kind is printed here, and none should be improvised. Write where the information is and who to call, then go through it in person before you leave.

Children and ages

Date

Home from

Address, said out loud and written down

Door or alarm code

CONTACTS

parent, second parent, a neighbour, the doctor, and the emergency number for where you are

Who	Name	Number	Notes

The evening — meals, bedtimes, screens, and anything they may be worried about

WHERE THINGS ARE, AND WHAT HAS BEEN AGREED

including where written instructions for any allergy or medicine are kept