



Babysitter 411

The more information you give your sitter upfront, the fewer texts you'll receive later on.

In the excitement of getting out the door to enjoy a child-free meal with your partner, it can be easy to forget to give your babysitter all of the information she may need. Mommybites.com and Gina Lamb-Amato, M.D., Manhattan-based pediatrician, share important information your sitter needs to know. So fill out this cheat-sheet and leave it for your sitter to ensure that no questions go unanswered.

All About the Kids

Kids' Names, Nicknames, and Ages:

Lovie:

Favorite Book:

Is TV Time Allowed (what channels/movies):

Bedtimes:

Bedtime Routines:

Snacks/Meals (if applicable):

Any Homework That Needs to Be Finished:

Medical Information

Medical Conditions or Special Needs:

Allergies:

Prescription Medications and Dosage:

Over-the-Counter Medications (if needed):

In Case of Emergency

Fire Department:

Police Department:

Poison Control:

Preferred Hospital:

Pediatrician:

Veterinarian (if applicable):

Sitter Do's and Don'ts

Order Takeout:

Have Visitors:

Personal Phone Usage:

Off-Limits Rooms, Foods, Appliances:

Contact Information

Home Phone Number:

Home Address:

Parents' Cellphone Numbers:

Nearby Family Phone Numbers (if parents are unreachable):

Where Parents Will Be:

When to Contact Parents:

House Information and Rules

Pet Name (and if he needs to be fed or walked):

Where to Find:

Spare Key:

Fire Extinguisher:

Extra Blankets:

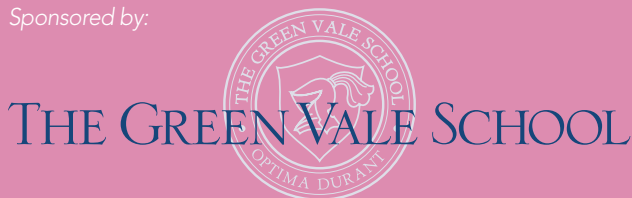
Flashlights:

First Aid Kit:

Expected Visitors:



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