

Babysitter Information Sheet

You're suddenly in charge?! K-State Research and Extension is here to help you and others be safe and healthy.

If you need help with anything, ask an adult to help. If there is no adult, do your best and check in with an adult when he or she is home.

Call 911 in any life-threatening emergency.

Poison Control – 800-222-1222

Parent/Guardian Names:	
Parent/Guardian #1 Cell Phone:	Parent/Guardian #2 Cell Phone:
Parent/Guardian will be at:	Expect to return around:
Physical address of where you are caring for children:	
Location Phone Number:	
Additional Emergency Contact Name & Phone #:	
Medical Doctor Name & Phone #:	

Children			
Name		Name	
Birthdate		Birthdate	
Age		Age	
Medical Conditions		Medical Conditions	
Allergies		Allergies	
Medications		Medications	

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Birthdate		Birthdate	
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Medications		Medications	

Snacks/Meals

Snack ideas: crackers, fruit (remember to cut food into small pieces for toddlers); Meal ideas: sandwiches, tortilla roll-ups

Screentime Information

What shows? How long?

Quiet Time/Nap/Bedtime Routine

Time? Special reminders (blanket, position)?

Rules

Examples: food only in kitchen, do not go outside without another person, be respectful, and no fighting.

Notes

Examples: How to operate TV remote, favorite activities of kids.

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