

Babysitter Checklist

Home Address _____

Directions to our home: _____

Contact numbers

911 or Emergency Contact: _____

Poison Control: 1-800-222-1222

Mom's work: _____ Dad's work: _____

Mom's Cell: _____ Dad's Cell: _____

Police Department: _____ Fire Department: _____

Doctor: _____ Phone: _____

Neighbor Information

Name: _____ Phone: _____

Name: _____ Phone: _____

Child Information

Name: _____ Birthdate: _____ Bedtime: _____

Height: _____ Weight: _____ Allergies _____

Medications: _____ Dosage: _____

Name: _____ Birthdate: _____ Bedtime: _____

Height: _____ Weight: _____ Allergies _____

Medications: _____ Dosage: _____

Name: _____ Birthdate: _____ Bedtime: _____

Height: _____ Weight: _____ Allergies _____

Medications: _____ Dosage: _____

Brought to you by Parent Help Line and St. John's Children's Hospital

Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week

www.parenthelpline.org