



Emergency Numbers & Family Information

Name of family:

Mom: _____

Dad: _____

Home Address:

Email Address:

Home Phone: _____

Mom's Cell: _____

Dad's Cell: _____

9-1-1

Emergency back-up persons other than the parents:

Police

Name: _____ Cell Phone: _____

Fire

Name: _____ Cell Phone: _____

Ambulance

Poison Information Centre: _____

Child #1

Name: _____

DOB: _____

Health Card #

Allergies:

Do they have an EpiPen, where is it kept?

Medical conditions, special needs:

Favorite toy, game or activity:

Favorite TV show or movie:

Child #2

Name: _____

DOB: _____

Health Card #

Allergies:

Do they have an EpiPen, where is it kept?

Medical conditions, special needs:

Favorite toy, game or activity:

Favorite TV show or movie:

Child #3

Name: _____

DOB: _____

Health Card #

Allergies:

Do they have an EpiPen, where is it kept?

Medical conditions, special needs:

Favorite toy, game or activity:

Favorite TV show or movie:



Medication

Does one of the children require medication? If so, please provide written instructions on dosage, time it should be given and where it is kept.

Name of child	Age	Weight	Medication	Instructions

Where do you keep the First Aid kit and other first aid supplies such as bandaids, cold packs etc...?



Bathtime/Bedtime Routines

Will I need to give the children a bath before bedtime? Do the children require bedtime stories? Do they like to have a night light or keep the door open? Should I stay in the room until they fall asleep? Are there any special blankets, stuffed animals or special underwear for bedtime?

Bathtime Routine	Bedtime Routine	Special Considerations

- Are there special instructions for diapering or using the toilet? Where are the diapers, wipes, special underwear kept? Where do I put the soiled diapers?

House Rules

- Am I allowed to play with the children outdoors, or bring them to the park or elsewhere?
- Are the children permitted to play video games, watch television or go on social media?
- What appliances am I allowed to use? (microwave, stove, oven, toaster, blender)
- Are the children allowed to have friends over while I'm babysitting?
- Are there any rules the children and I should follow in your home?
- Are there any rooms that are off-limits to me and the children?
- Does the family have an emergency fire escape plan?
- Are there any foods off-limits for the children?
- Where do you keep the flashlight?

Important:

- Instructions to follow when receiving calls: _____
- Instructions to follow when someone is at the door: _____
- Do you have a spare key or an alternative way to get in the house? _____
- Do you have an alarm system? If so, what would be my personal code? Could you please show me how to use it?

- Do you have any pets? If so, will I need to take care of them? Please provide any specific instructions.

Remember:

- Give them your cell phone number if you have one and tell them if you prefer to be called or texted.
- Discuss when they think they will require your babysitting services (weekends, weeknights, summer)
- Discuss who will be bringing you to their house and who will be driving you back home.
- Discuss your rates and come up with a mutual agreement.
- Ask the parents for a house tour.



Notes:

