

Babysitter Information Sheet

Ten minutes to fill in — so the sitter never has to guess.

Tonight

Where we are

Our cell numbers

Expected back by

This address — for 911, said out loud

The kids

Name

Age

Needs to know (fears, comfort item, quirks)

Name

Age

Needs to know (fears, comfort item, quirks)

Name

Age

Needs to know (fears, comfort item, quirks)

Food, allergies & medical

Allergies and what a reaction looks like — leave nothing out

Dinner / snacks that are fine — and what's not

Any medication: what, when, how much, where it's kept

Routines

Bedtime, in honest detail (time, stories, lights, the works)

Screens: what's allowed, for how long

The house

Wi-Fi network + password

Door locks / alarm quirks

Off-limits or good-to-know (pets' rules, tricky stairs, the door that sticks)

If you need help

Backup adult nearby — name + phone

Pediatrician

1-800-222-1222

Poison Control

Anything that feels like an emergency is one: call 911 first, us second. You will never be in trouble for calling.