

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: _____

Call the Parent Help Line. We listen. We can find you help.
1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week
or log onto www.parenthelpline.org