

While I am away...

Dear Babysitter,

Caring for an infant or young child can be difficult, so I've written up a few things you should know about my little one. Hopefully these notes will make your time together even better. Please call me if you ever feel overwhelmed, have questions, or need some help. Thank you for keeping my baby healthy and safe while I'm away.



Meals and Snacks

Likes:

Dislikes:

Allergies, Medication, and Health Concerns

Please don't give any medications without my permission.

Allergies:

Medication:

Dosage:

Frequency:

Health Concerns:

Play

Always keep a close eye on them if they are near water, like a pool or bathtub.

Favorite toy(s):

Favorite movie(s) and show(s):

Soothe

It's okay if my baby cries for a few minutes in a safe place. Take a few moments to step away if you need to.

Tips to help soothe them:

Nap and Bedtime Routine

Please be sure my baby is safe while sleeping. This means they must sleep in their own crib or Pack 'n Play, on their back, without anything else in there with them.

Naptime:

Bedtime:

Tips to help them sleep:

Emergency Contacts

My phone number:

Additional Contact:

(Phone number):

Neighbor:

(Phone number):

Doctor/Pharmacy:

(Phone number):

Fire, Medical, or Law

Enforcement: 911

Poison Control: 1-800-888-1222