

Babysitting Orientation and Emergency Help Sheet

Family Name: _____

Address: _____

Phone: (____) _____

E-mail: _____

Fax: _____

How to reach parents: _____

Parents' destination: _____

Parent's work name, address and phone: _____

Expected return to home: _____

People to call for help: _____

Nearest neighbor's name and phone number _____

Nearest relative's name and phone number _____

Emergency phone numbers:

Police Department: _____

Fire Department: _____

Hospital: _____

Ambulance: _____

Poison Control Center: _____

Child care or school(s): _____

Health Care Contacts:

Doctors: _____

Dentist: _____

Eye doctor: _____ Pets' Veterinarian: _____

Phone numbers for household troubles

Appliance Repair: _____

Furnace repair _____ Plumber: _____

Electrician: _____

Gas Company: _____

Other Details:

Vital Information, Child #1

Full Name: _____

Birth date and Age: _____

Height and Weight: _____

Health Conditions and/or Special Needs:

Allergies, symptoms and treatment response:

Medication name(s) Dosage amount Times to give:

A. _____

B. _____

C. _____

Vital Information, Child #2

Full Name: _____

Birth date and Age: _____

Height and Weight: _____

Health Conditions and/or Special Needs:

Allergies, symptoms and treatment response:

Medication name(s) Dosage amount Times to give:

A. _____

B. _____

C. _____

Location of Emergency Supplies

First aid supplies: _____

Flash light: _____

Fire extinguisher: _____

Key to house and car:

Health insurance carrier and ID

number: _____

Location of parent authorization for emergency treatment:

Emergency Procedures

Fire exit locations:

Rooms for storm evacuation:

Regular Routines

Bathroom and/or diapering routines:

Bedtime routines:

Snacks and beverages:

Meals available:

Tips on picky eater:

Acceptable television, movies, computer games and/or web sites:

Telephone

rules:

Friends who may

visit:

Places teens may go and curfews:

Neighbor's young children may visit:

Times for outdoor play:

Favorite games, books or

music:

Tips to soothe frustration or

tears:

Tips for handling temper tantrums:
