



Babysitter Information Form

PRINT-AND-GO GUIDE

Here is a form of important information to leave with the babysitter each time you will be away from home. All you need to do is just print copies of the form, and fill it out for your babysitter.

<http://www.womenshealth.gov>

1-800-994-9662

TDD: 1-888-220-5446

My Name: _____ Cell phone / pager _____

Child's Name (Childrens' Names): _____

While out, I will be at: _____ at _____
(location / phone number) (time)

then at: _____ at _____
(location / phone number) (time)

Food/other allergies my child has: _____

Snack: _____ Time: _____
(what kind of snack?)

Bedtime: _____

Activities (books, toys, songs, etc.) my child likes are: _____



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Emergency Contacts:

Doctor: _____ Phone Number _____

Neighbor's name, address, phone number: _____

Other person to contact in case of emergency: _____

Notes: _____
