

Important Information Your Sitter Should Know

Your house rules and expectations including:

- What and where children are allowed to eat
- TV, computer and telephone rules (for both your children and the sitter)
- Which appliances (cook top/microwave, etc.) that can be used
- If your children or sitter can have a visitor or not
- If the sitter can take your child outside to play or not
- What your discipline routine is. What are the consequences for not following the house rules/cooperating with the sitter/siblings

Health and Safety Instructions:

- Any allergies your child has and what to do if they have an allergic reaction
- Where the first aid kit is (kit should include a thermometer, bandaids, pain reliever, antibiotic ointment, Benadryl and any other remedies/medications your family uses)
- Toys and activities that are off-limits
- Important information/phone numbers (fill out reverse side)
- Where they can find a flashlight
- Show how to lock doors/windows

Routines:

- Explain your child's bedtime routine including what to do if there are challenges

It may feel like a lot of information but you'll feel more confident and enjoy your time away from your children more if you feel your sitter has been given thorough instructions.

truebluematch.com

Go to
truebluematch.com/resources
to print out a babysitter checklist you
can use for information specific to
each time you hire a sitter.

Basic Information for Sitters

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Our Child(ren)'s Information:

Name	Date of Birth	Allergies	Medications

Our Contact Information:

Cell Phone Numbers:

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Who To Call If You Can't Reach Me:

Name	Relationship	Home Phone	Cell Phone

Our 911 Address is:

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Nearest Cross Street:

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Doctor's Name and Number:

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Dentist's Name and Number:

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