

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: _____

NOTES: _____

*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889

10 a.m. to 10 p.m., 7 days a week

www.parenthelpline.org

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