

Checklist for Baby Sitters

EMERGENCY CALL 911

Parents name:

Address:

(If rural area, include directions)

Town:

Phone Number:

Names and Ages of Children:

Neighbor's Name and Phone:

The doors are locked:

Bedtime Hour:

Name of family physician:

List any medications the children take:

List any allergies the children have:

The children are never left alone, even for a minute.

Know the dangers to children of matches, gasoline, the stove, water (even shallow bath), poisons and falls.

Know the location of all exits. Make sure the baby sitter knows and understands the ESCAPE PLAN.

Write down where you are going and how long you will be gone.

If you don't know the phone number of the place your are going, call when you reach destination and give them the number.

Instruct sitter not have no guest unless you approve.