



Parenting Checklists

Babysitter

Important Names and Numbers

- Where you can be reached
- Your cell phone numbers
- Two nearby friends, relatives or neighbors
- Fire department
- Police department
- Poison Control Center
- Pediatrician
- Hospital (Choose one that is close and offers good emergency care for kids.)

Instructions:

- What your child is allowed to eat and drink
- Bedtime (or nap time) and how to enforce it
- Play activities your child enjoys
- Activities not permitted while you're gone
- How much television (and which programs) your child is allowed to watch
- How you want behavior problems handled
- How to use any baby equipment
- Warning not to open door to strangers
- Warning for sitter not to tell phone caller she is alone, just take a message
- Rules for sitter on her use of phone, television, smoking and alcohol
- Location of basic first aid supplies (band-aids, alcohol wipes, antibacterial ointment)
- What to do in case of fire or other emergency
- Show all entrances and exits, fire and burglar alarms, first aid supplies, flashlights and fuse box.
- Post your address and clear directions on how to locate your house (in case sitter needs to provide directions to emergency services).

Emergency Medical Consent Form:

Without parental permission, doctors will only treat children in life-threatening situations. To make sure your child receives emergency medical treatment when he's under a sitter's care, prepare a consent form that includes:

- Your child's name
- Date of birth
- Insurance carrier and policy number
- Doctors' names and phone numbers
- Important medical history, including allergies and chronic conditions
- The following statement: "Any licensed physician, dentist or hospital may give necessary emergency medical service to my child (YOUR CHILD'S NAME) at the request of the person bearing this consent form."
- Your signature