

Trustworthy.

Checklist: What the Babysitter Needs to Know

By providing this comprehensive checklist, you'll ensure that your babysitter is well-prepared to handle any situation while caring for your child. You can store this checklist in Trustworthy and then share a digital version with the babysitter.

Emergency Contact Information

- Parents' contact numbers
- Neighbor's or nearby friend's contact number
- Local emergency contacts (fire department, police, medical)
- Poison control center number
- Address and directions to the home (for emergency services)
- When babysitter should contact you, such as if your child has a fever or becomes ill

Child-Specific Information

- Child's name, age, and any nicknames
 - Allergies and sensitivities (food, medication, environmental)
 - Current medications (name, dosage, timing)
 - Dietary restrictions or preferences
 - Special needs or medical conditions
 - Bedtime routine (time, activities, stories, comfort items)
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House Rules and Guidelines

- Screen time limits (TV, video games, mobile devices)
 - Approved snacks and meals
 - Rules about visitors or guests
 - Areas of the house that are off-limits
 - Appropriate indoor and outdoor activities
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Daily Routine and Schedule

- Meal and snack times
 - Nap or sleep schedule
 - Homework or study time (if applicable)
 - Bathing or personal hygiene routine
 - Activity or playtime schedule
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Safety and Security

- Location of first aid kit and fire extinguisher
 - Instructions for locking doors and windows
 - Procedures for handling emergencies (fire, injury, break-in)
 - Passwords or codes for security systems
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House and Home Information

- Location of important items (diapers, wipes, clothing, toys)
 - Instructions for operating household appliances (microwave, washer/dryer)
 - Information about pets (feeding, handling, allergies, and walking schedule)
 - Wi-Fi password (if needed for communication)
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Transportation and Outings

- Car seat instructions (if driving is required)
- Approved locations for outings (parks, friends' houses)
- Any restrictions on outings (distance, transportation mode)

Additional Notes

- Any specific concerns or instructions from parents
 - Favorite activities or toys to keep the child entertained
 - Instructions for handling discipline or behavioral issues
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Return and Departure Instructions

- Expected return time of parents
 - Instructions for locking up the house when leaving
 - Protocol for handing over the child (if another adult will be taking over)
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Related Reading

[Emergency Note Essentials for Every Babysitter](#) →

[Setting Boundaries: Essential Rules for Nannies](#) →

[Crafting a Family Emergency Plan: Essential Elements](#) →