

**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

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Neighbor's or nearby friend's contact number

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Local emergency contacts (fire department,  
police, medical)

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Poison control center number

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Address and directions to the home (for  
emergency services)

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When babysitter should contact you, such as if your child has a  
fever or becomes ill

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**Child-Specific Information**

Child's name, age, and any nicknames

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Allergies and sensitivities (food, medication, environmental)

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Current medications (name, dosage, timing)

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Dietary restrictions or preferences

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Special needs or medical conditions

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Bedtime routine (time, activities, stories, comfort items)

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**House Rules and Guidelines**

Screen time limits (TV, video games, mobile devices)

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Approved snacks and meals

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Rules about visitors or guests

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Areas of the house that are off-limits

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Appropriate indoor and outdoor activities

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**Daily Routine and  
Schedule**

Meal and snack times

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Nap or sleep schedule

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Homework or study time (if applicable)

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Bathing or personal hygiene routine

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Activity or playtime schedule

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**Safety and Security**

Location of first aid kit and fire extinguisher

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Instructions for locking doors and windows

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Procedures for handling emergencies (fire, injury, break-in)

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Passwords or codes for security systems

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**House and Home  
Information**

Location of important items (diapers, wipes, clothing, toys)

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Instructions for operating household appliances (microwave, washer/dryer)

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Information about pets (feeding, handling, allergies, and walking schedule)

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Wi-Fi password (if needed for communication)

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**Transportation and Outings**

Car seat instructions (if driving is required)

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Approved locations for outings (parks, friends' houses)

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Any restrictions on outings (distance, transportation mode)

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**Additional Notes**

Any specific concerns or instructions from parents

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Favorite activities or toys to keep the child entertained

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Instructions for handling discipline or behavioral issues

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**Additional Notes**

Expected return time of parents

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Instructions for locking up the house when leaving

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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](#) →