

Babysitting Parent Checklist

Parent contact numbers: _____

Destination contact number & Address:

Contact number of friend / relative: _____

Expected time of return: _____

Health issues of children:

Allergies of Children:

Children's food / likes dislikes:

Appropriate discipline methods allowed:

Toilet training level:

Bedtime routine including time:

Children's fears / dislikes:

Children's Likes / favorite games / toys

What is the best way to soothe your child if upset?

Thanks for all the information!