

# NOTES FOR THE BABYSITTER

We are at:

We will be back by:

## CONTACT DETAILS

Mom's name & phone number:

Dad's name & phone number:

Home address:

## FOOD INSTRUCTIONS

Breakfast:

Time:

Lunch:

Time:

Dinner:

Time:

Snack:

Time:

## KID(S)' NAME & AGE

## ALLERGIES & MEDICATION

## BEDTIME ROUTINE

**IN CASE OF EMERGENCY CALL 911!**

