

# Babysitter Checklist

By Fae Fisher

## Contact Information

- My Name** Even if you've known this sitter all her life, put your name at the top of the list. If there is an emergency she may become too flustered to remember your name.
- The Phone Number Where I Can Be Reached** If this is your cell phone number make sure it's fully charged before you leave home and keep it with you at all times.
- The Name Of The Place I Will Be For The Evening** Include the full name, not a nickname.
- The Address Of The Place I Will Be For The Evening** This should be the complete street address and the name of the city if you're traveling to a nearby town.
- What Time Do I Expect To Be Leaving? What time will you be leaving the restaurant or other venue?**
- I Will Also Be Going** If you're going somewhere else, make sure to include all of that information, too.
- What Time Do I Expect To Be Home? This will just give your babysitter an idea of where you might be at a certain time in case you're needed for an emergency.**
- Alternative Contact Informaion** Give your sitter the name and phone number of a trusted friend or relative she can contact in case you're unavailable for whatever reason.

## Emergency Contact Information For 911 Emergency Assistance

- The 911 Address** Make sure you spell this out clearly so the sitter can read it off over the phone without even having to think about it.
- Child's Name** Spell out your child's complete name.
- Child's Age** The 911 operator may need to know your child's age.
- Child's Allergies** List everything your child is allergic to including foods and medications.

## Instructions For Childcare

- What's For Dinner? What do you want your child to have for dinner?**
- What About Snacks? Specify what your child can and can not have for a snack if you are allowing snacks.**
- What TV Shows Are Allowed? Are there any specific TV shows you want to allow or disallow?**
- What Time Is Bath time? Does your child take a bath or a shower? Does he like to play in the tub or should the sitter anticipate trouble?**
- What Time Is Bedtime? Do you have a specific time you want your child in bed?**

- Bedtime Habits** Does your child like to have a story at bedtime, or a glass or warm milk or water, does he have to brush his teeth first, etc.
- Suggested Activities.** What can the sitter do to entertain your child or distract him if he becomes upset when you leave?
- How Do You Want The Sitter To Handle Discipline? This is a tough one for some parents** You may think your child is a little angel when you're gone. But if the sitter isn't allowed to discipline your child you're eventually going to run out of sitters who'll be willing to watch you're little imp when you want a night out.
- Things YOU Should Do**
  - Be Prompt** If you tell you're sitter you're going to be somewhere at a certain time, be there so she can reach you if there's an emergency.
  - Identify Yourself** If you're not carrying a cell phone, make sure you identify yourself at the restaurant or the party or wherever you're going so if a phone call DOES come for you, people will know you're there.
  - Consult A Babysitting Service** You may have several teenagers lined up in your neighborhood who you trust to care for your child. But chances are, when there is a major event going on at school they will all be unavailable to sit at the same time. And that's probably the night you're planning to go out. Take the time now to contact a babysitting service so you'll always have alternate plans.