Babysitter info sheet

Everything the sitter needs on one page. Fill in what changes each time in pencil.

KinLine
Privacy by Design

PARENT 1 AND CELL PHONE

PARENT 2 AND CELL PHONE

WE'LL BE BACK BY

WHERE WE'LL BE (AND PHONE)

DATE

Emergency: call first, then us

911

Our address: _____

Poison Help (US)

1-800-222-1222

Free, 24 hours a day

CHILD'S NAME

AGE

DOCTOR AND PHONE

ALLERGIES, AND EXACTLY WHAT TO DO

MEDICINES (WHAT, WHEN, HOW MUCH)

BEDTIME

CHILD'S NAME

AGE

DOCTOR AND PHONE

ALLERGIES, AND EXACTLY WHAT TO DO

MEDICINES (WHAT, WHEN, HOW MUCH)

BEDTIME

House rules and routines

SNACKS AND DINNER

SCREEN TIME

BEDTIME ROUTINE

OFF LIMITS

NEARBY NEIGHBOR OR FAMILY AND PHONE

WI-FI NETWORK AND PASSWORD

PETS

ANYTHING ELSE

Tip: show the sitter where the first-aid kit, flashlight and any EpiPen are kept.

Free from KinLine · kinlineapp.com

Or keep it on your phone in the KinLine app.