

Child Safety: Babysitting Checklist

Information for the babysitter

I will be back by:

You can contact me
by phone on

I will be at:

Information the babysitter needs to know

Medication

Illness or allergies

Asthma plan

Any special needs

House rules *(be clear what the babysitter can and cannot do while you are away)*

Food the child can eat and when

Things the child enjoys doing

Things the child is not allowed to do

Routine (bath & bed time)

Ways to comfort the child

Who is allowed to visit whilst I am away

Who is NOT allowed to visit whilst I am away

Our address is:

The nearest crossroad is

Who else you can contact for
help (family, friend or neighbour)

Do not leave babies, toddlers or children without appropriate supervision under any circumstances.

For help contact Parentline: 13 22 89, Victorian Poisons Information Centre: 13 11 26 (If the person has collapsed, RING 000)

IN AN EMERGENCY CONTACT 000

