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