



**babysitting checklist**  
review before parents leave

- parents contact information posted
- emergency information posted
- when are parents going?
- when are parents expected back?
- what meals and snacks will you be feeding kid?
- will there be anyone taking over? if so, what time?
- will you need to get kid to bed? what is the routine?
- will you need to bathe kid?
- is anyone potty trained? if not, what do you need to know?
- any specific rules for the night?
- if a child needs discipline, what should you do?
- any specific rules for individual children (for example special things they love, things that calm them, etc.)
- any allergies or medical issues to be aware of!

**babysitting tips**  
follow these tips to be a GREAT babysitter!



- \* play with the kid
- \* read stories
- \* have activities to do
- \* clean up all messes
- \* ask when bedtime is and get kid to bed on time
- \* don't answer phone unless parents ask you to, if you do, take good messages
- \* don't answer door
- \* don't let people know you are babysitting alone
- \* don't text, text, and play games on phone unless kid are sleeping and house is picked up
- \* only eat the food that was suggested by parents
- \* always ask what the routine is
- \* always make sure you have necessary contact numbers and details
- \* always ask where the parents are going how to reach them and when to expect them back

- \* ask important questions about rules and what to do if child misbehaves
- \* follow the parents rules
- \* always be alert, know where the kid are at all times
- \* be interesting, find new and fun things to do
- \* never make a pig of yourself, eat modestly
- \* leave the house looking better than when you came
- \* don't go in the parent's room unless you have been told
- \* be and avoid other rooms that are noisy for adults (office, living room, dining room)
- \* don't have friends over
- \* don't watch movies/shows that are not kid appropriate
- \* don't sleep
- \* give potty-trained kid privacy in the bathroom unless you are instructed to help
- \* keep the outside doors locked

**family information**

parents names \_\_\_\_\_  
 address \_\_\_\_\_  
 home phone number \_\_\_\_\_  
 mom's cell \_\_\_\_\_ dad's cell \_\_\_\_\_  
 emergency contacts \_\_\_\_\_  
 neighbor contacts \_\_\_\_\_  
 nearest chiropractor \_\_\_\_\_  
 emergency calls # \_\_\_\_\_  
 police contact calls \_\_\_\_\_  
 fire extinguisher location \_\_\_\_\_  
 first aid kit or supplies location \_\_\_\_\_  
 flashlight location \_\_\_\_\_  
 family doctor \_\_\_\_\_  
 other important information \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**kid information**

child's name \_\_\_\_\_ age \_\_\_\_\_  
 weight \_\_\_\_\_ height \_\_\_\_\_  
 allergies \_\_\_\_\_  
 medications \_\_\_\_\_  
 nap time \_\_\_\_\_  
 bed time \_\_\_\_\_  
 other \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**kid information**

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 nap time \_\_\_\_\_  
 bed time \_\_\_\_\_  
 other \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**babysitting report card**

meal time yes  no  they ate \_\_\_\_\_  
 snack time yes  no  they ate \_\_\_\_\_  
 bath yes  no   
 toilet trained yes  no   
 bed time yes  no  time \_\_\_\_\_

**What We did**

games/activities played \_\_\_\_\_  
 crafts \_\_\_\_\_  
 books \_\_\_\_\_  
 videos \_\_\_\_\_

**behavior**

they did great! \_\_\_\_\_  
 \_\_\_\_\_  
 things we can do better next time \_\_\_\_\_  
 \_\_\_\_\_  
 any injuries to report \_\_\_\_\_