

GOOD KIDS BAD HABITS

The RealAge® Guide to Raising Healthy Children

What Your Babysitter Needs to Know About Your Child

Your Child

- Your child's routine:
 - Mealtime _____
 - Bath time _____
 - Nap/bedtime _____
- Any special health information about your child (allergies and medication needs, for example)

- Fears and phobias

- Favorite and forbidden foods

Rules

- Your general house rules (i.e., no eating in the living room, homework before TV, only one hour of computer time, etc.)



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- Child safety rules

- Rules for the babysitter such as no nonemergency phone calls, no visitors, limits on TV/computer time, whether or not they can leave the home

Contact Information

- How to reach you in case of emergency and where you'll be (will you have a cell phone?)

- Emergency phone numbers such as poison control (1-800-222-1222) and 911

- Phone numbers for relatives, friends, and neighbors in case you can't be reached

Name _____ Phone number _____

Name _____ Phone number _____



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Child's doctors' names and contact information

Name _____ Phone number _____

Name _____ Phone number _____

Insurance provider and policy #

Preferred hospital in case of emergency

Where Things Are

Location of smoke detectors, fire extinguishers, and exits from home in case of fire

Location of security system/alarms and how to work them



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Location of door keys in case a child gets locked inside a room

Location of first-aid kit

