



Babysitter Checklist

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!



Contact Information

Parent's Name

Phone Number

Location Today

Parent's Name

Phone Number

Location Today

Home Address

If you need to reach me:

Call

Text

Return Time



In Case of an Emergency

 Local Police

 Fire Department

 Poison Control

Emergency Contact #1

Phone Number

Relationship

Emergency Contact #2

Phone Number

Relationship



Health & Safety

Allergies or Medical Issues

(include dosages and times for medications)

Location of Emergency Items



Meals & Snacks

Foods to Avoid



Naps & Bedtime

Notes