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