



## Babysitter Checklist – Short

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!



### Family Information

Parent/Caregiver Names

Parent/Caregiver Phone Numbers

Address

Parent/Caregiver Destination

Expected Return Time



### In Case of Emergency

Emergency Contact #1

Phone Number

Relationship

Emergency Contact #2

Phone Number

Relationship



### Child Routine

Child #1

Diapering & Bathroom

Naps & Bedtime

Child #2

Diapering & Bathroom

Naps & Bedtime



## Child Routine (cont.)

### Child #1

#### Meals, Snacks, & Beverages

#### Outdoor Play

#### Entertainment (e.g., TV, movies, games, books, websites)

#### Tips for Handling Tears and Temper Tantrums

### Child #2

#### Meals, Snacks, & Beverages

#### Outdoor Play

#### Entertainment (e.g., TV, movies, games, books, websites)

#### Tips for Handling Tears and Temper Tantrums



## Special Instructions (e.g., medical history, allergies, medications)

### Child #1

### Child #2