



Babysitter Information Sheet

A simple parent-controlled handoff for tonight

Parent / guardian: _____

Best phone number: _____

Backup trusted adult: _____

Expected return time: _____

Home address: _____

Wi-Fi / house note (optional): _____

Kids tonight

Name: _____ Age: ____ Bedtime: _____ Important routine / comfort note: _____

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Tonight's plan

- ☐ Dinner / snacks
- ☐ Homework / activities
- ☐ Medication or health instructions provided directly by parent
- ☐ Pet care
- ☐ Screens / gaming rules
- ☐ Doors / alarm / visitors rule



Babysitter Information Sheet

Emergency + house notes

Emergency information

Emergency contact 1: _____

Emergency contact 2: _____

Pediatrician / urgent care (optional): _____

Allergy / medical instructions parent wants shared: _____

In an immediate emergency, contact local emergency services first.

Only share the minimum private information a caregiver needs for this handoff.

Store or dispose of completed copies securely.

House notes
