

Babysitter Checklist

Emergency Numbers

Medical Info & Contacts

_____ 's Rules/Schedule

_____ 's Rules/Schedule

Bedtime Routine

- Bath
- _____
- Story/Quiet Time Tips
- _____
- Bedtime Tips
- _____

Babysitter Checklist

Where we are today

Meal Plan Today

Breakfast:

Lunch:

Dinner:

How Were the Kids?

_____ 's Mood: Cheerful Content Sleepy Argumentative Fussy

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_____ 's Mood: Cheerful Content Sleepy Argumentative Fussy

Notes