

SUDDENLY IN CHARGE:

Babysitter Information Sheet



You're suddenly in charge?! K-State Research and Extension is here to help you and others be safe and healthy.

If you need help with anything, ask an adult to help. If there is no adult, do your best and check in with an adult when he or she is home.

Call 911 in any life-threatening emergency.

Poison Control – 800-222-1222

Parent/Guardian Names:	
Parent/Guardian #1 Cell Phone:	Parent/Guardian #2 Cell Phone:
Parent/Guardian will be at:	Expect to return around:
Physical address of where you are caring for children:	
Location Phone Number:	
Additional Emergency Contact Name & Phone #:	
Medical Doctor Name & Phone #:	

Children

Name		Name	
Birthdate		Birthdate	
Age		Age	
Medical Conditions		Medical Conditions	
Allergies		Allergies	
Medications		Medications	

Name		Name	
Birthdate		Birthdate	
Age		Age	
Medical Conditions		Medical Conditions	
Allergies		Allergies	
Medications		Medications	

Snacks/Meals

Snack ideas: crackers, fruit (remember to cut food into small pieces for toddlers); Meal ideas: sandwiches, tortilla roll-ups

Screentime Information

What shows? How long?

Quiet Time/Nap/Bedtime Routine

Time? Special reminders (blanket, position)?

Rules

Examples: food only in kitchen, do not go outside without another person, be respectful, and no fighting.

Notes

Examples: How to operate TV remote, favorite activities of kids.

Scan the QR code for more “Suddenly in Charge” tip sheets and connect with your local K-State Research and Extension office.



K-STATE
Research and Extension

Publications from Kansas State University are available at:
bookstore.ksre.ksu.edu

**Kansas State University Agricultural Experiment Station and
Cooperative Extension Service**

Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned.

Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Bradford Wiles, et al., *Suddenly in Charge: Babysitter Information Sheet*, Kansas State University, March 2020.

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J Ernest Minton, Director.