

# 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	

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Birthdate		Birthdate	
Age		Age	
Medical Conditions		Medical Conditions	
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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.



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