



We put care in finding a nanny

Phone | 888-638-0860 | Website | [www.NannyCare.com](http://www.NannyCare.com)

## Babysitting Orientation and Emergency Help Sheet

Family Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

Fax: \_\_\_\_\_

How to reach parents: \_\_\_\_\_

Parents' destination: \_\_\_\_\_

Parent's work name, address and phone: \_\_\_\_\_

Expected return to home: \_\_\_\_\_

People to call for help: \_\_\_\_\_

Nearest neighbor's name and phone number \_\_\_\_\_

\_\_\_\_\_

Nearest relative's name and phone number \_\_\_\_\_

\_\_\_\_\_

### Emergency phone numbers:

Police Department: \_\_\_\_\_

Fire Department: \_\_\_\_\_

Hospital: \_\_\_\_\_

Ambulance: \_\_\_\_\_

Poison Control Center: \_\_\_\_\_

Child care or school(s): \_\_\_\_\_

Health Care Contacts: \_\_\_\_\_

Doctors: \_\_\_\_\_

\_\_\_\_\_

Dentist: \_\_\_\_\_

Eye doctor: \_\_\_\_\_

Pets' Veterinarian: \_\_\_\_\_

### Phone numbers for household troubles

Appliance Repair: \_\_\_\_\_

Furnace repair \_\_\_\_\_



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Plumber: \_\_\_\_\_

Electrician: \_\_\_\_\_

Gas Company: \_\_\_\_\_

Other Details: \_\_\_\_\_

### Vital Information, Child #1

Full Name: \_\_\_\_\_

Birth date and Age: \_\_\_\_\_

Height and Weight: \_\_\_\_\_

Health Conditions and/or Special Needs: \_\_\_\_\_

Allergies, symptoms and treatment response: \_\_\_\_\_

Medication name(s) Dosage amount Times to give:

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

### Vital Information, Child #2

Full Name: \_\_\_\_\_

Birth date and Age: \_\_\_\_\_

Height and Weight: \_\_\_\_\_

Health Conditions and/or Special Needs: \_\_\_\_\_

Allergies, symptoms and treatment response: \_\_\_\_\_

\_\_\_\_\_

Medication name(s) Dosage amount Times to give:

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

### Location of Emergency Supplies

First aid supplies: \_\_\_\_\_

Flash light: \_\_\_\_\_

Fire extinguisher: \_\_\_\_\_

Key to house and car: \_\_\_\_\_



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Health insurance carrier and number: \_\_\_\_\_

Location of parent authorization for emergency treatment: \_\_\_\_\_

\_\_\_\_\_

## Emergency Procedures

Fire exit locations: \_\_\_\_\_

Rooms for storm evacuation: \_\_\_\_\_

## Regular Routines

Bathroom and/or diapering routines: \_\_\_\_\_

Bedtime routines: \_\_\_\_\_

Snacks and beverages: \_\_\_\_\_

Meals available: \_\_\_\_\_

Tips on picky eater: \_\_\_\_\_

Acceptable television, movies, computer games and/or web sites:

\_\_\_\_\_

Telephone rules: \_\_\_\_\_

Friends who may visit: \_\_\_\_\_

Places teens may go and curfews: \_\_\_\_\_

Neighbor's young children may visit: \_\_\_\_\_

Times for outdoor play: \_\_\_\_\_

Favorite games, books or music: \_\_\_\_\_

Tips to soothe frustration or tears: \_\_\_\_\_

Tips for handling temper tantrums: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_