



BABYSITTER GUIDE

Important Info

Our Phone Numbers:

Other Important Numbers:

Pediatrician:

Preferred Hospital:

Our Address:

Garage/Door Code:

WiFi:

Things to Do

Indoor Ideas:

Outdoor Ideas:

Meals & Snacks

Allergies:

Meal & Snack Options:

Flip for more info...



BABYSITTER GUIDE

Devices + Time

Approved Devices + Time Allowed

- ☐ Smartphone _____
- ☐ TV _____
- ☐ Tablet _____
- ☐ Video games _____

Tech Options

Approved Movies + Shows

Approved Apps + Videogames

Babysitter Guidelines

When kids are awake, please try to limit tech use to:

When kids are asleep:

Taking picture/video of our kids:

- ☐ Ok ☐ Not ok

Sharing pictures of our kids online:

- ☐ Ok ☐ Not ok
☐ With permission

Additional Notes

Thank you for your help as we build healthy tech habits in our home!