



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 _____

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!

Tech Options

Approved Movies + Shows

Approved Apps + Videogames
