

# Child Safety: Babysitting Checklist

## Information for the babysitter

I will be back by:

\_\_\_\_\_

You can contact me  
by phone on

\_\_\_\_\_

I will be at:

\_\_\_\_\_

## Information the babysitter needs to know

Medication

Illness or allergies

Asthma plan

Any special needs

**House rules** *(be clear what the babysitter can and cannot do while you are away)*

Food the child can eat and when

Things the child enjoys doing

Things the child is not allowed to do

Routine (bath & bed time)

Ways to comfort the child

Who is allowed to visit whilst I am away

Who is NOT allowed to visit whilst I am away

Our address is:

\_\_\_\_\_

The nearest crossroad is

\_\_\_\_\_

Who else you can contact for  
help (family, friend or neighbour)

\_\_\_\_\_

Do not leave babies, toddlers or children without appropriate supervision under any circumstances.

For help contact Parentline: 13 22 89, Victorian Poisons Information Centre: 13 11 26 (If the person has collapsed, RING 000)

**IN AN EMERGENCY CONTACT 000**

