



## IMPORTANT STUFF TO KNOW FOR CAREGIVERS

### KIDS'S INFO



Name: \_\_\_\_\_ Medications/special needs: \_\_\_\_\_

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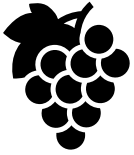
Name: \_\_\_\_\_ Medications/special needs: \_\_\_\_\_

Additional info or special instructions: \_\_\_\_\_

\_\_\_\_\_

### TODAY'S SCHEDULE

While you're here, please feed me (check & fill in what to eat):



Breakfast: \_\_\_\_\_ Time: \_\_\_\_\_

Lunch: \_\_\_\_\_ Time: \_\_\_\_\_

Dinner: \_\_\_\_\_ Time: \_\_\_\_\_

Snacks: \_\_\_\_\_ Time: \_\_\_\_\_

Bottle prep instructions (how to make, # of ounces, how often to feed, etc.):

\_\_\_\_\_

Naptime: \_\_\_\_\_ Bedtime: \_\_\_\_\_

Rituals for nap/bedtime: \_\_\_\_\_

Suggested activities: \_\_\_\_\_

### HOUSE RULES



TV/computer/online time: \_\_\_\_\_

Friends/playdates: \_\_\_\_\_

Off-limits!: \_\_\_\_\_

Discipline: \_\_\_\_\_

### CAREGIVER RULES



Wifi network: \_\_\_\_\_ Password: \_\_\_\_\_

Help yourself to: \_\_\_\_\_

Please do NOT: \_\_\_\_\_

Special instructions: \_\_\_\_\_

### CHECKING IN

If you need to check in with me (circle all that apply):

**Call me**

**Text**

**Leave VM**

Mom's #: \_\_\_\_\_ Dad's #: \_\_\_\_\_

### EMERGENCY INFO

Poison Control: \_\_\_\_\_ Doctor: \_\_\_\_\_

Neighbor: \_\_\_\_\_ Relative: \_\_\_\_\_

1<sup>st</sup> aid kit location: \_\_\_\_\_ Fire extinguisher: \_\_\_\_\_

