

# Seriously Kids™

*Supporting, educating, empowering.... Seriously useful*

Being a parent means a lot of planning and organising. There is a lot to do if you are planning a night out or time away from your child, whatever the reason. It is important to have a form like this with all the information collected in one place. It can allow some peace of mind that your babysitter has the information should they need it which can be invaluable should the need it.

***Please Note: This is a great tool to have on the fridge for the babysitter.  
It is also important to maintain up to date numbers and contacts.***

## FOR THE BABYSITTER

This form is a perfect reference point for a babysitter. It provides all the important details for the babysitter and helps your babysitter to get to know your family; the qualities you want and expectations you have when they are caring for your baby. It shares information especially vital in cases of emergency but it also shares information about the family such as 'house rules', etc. That way, while it may have been discussed prior to parents leaving it provides a reference once they have left for clarification on when the kids go to bed, the routine, etc.



We suggest that this form be used regardless of whether it is a new babysitter or the old faithful regular. Of course if they are the familiar one they will be familiar with the routine and other elements of the form but it is important to have current details as well for them each time they babysit in written form.

This form is vital to share important information such as contact details, medical information but it can also be elaborated on include an emergency escape map, etc.

Top tips:

- » Have the new babysitter come early. (10-15 minutes early as a minimum but ideally 30 minutes. This is paid) This allows for you to greet them and so that you are not in a rush and they get to talk with you and meet the children in a calmer environment.
- » Take a new babysitter on a tour of the house and talk them through things such as the bedtime routine. They may not recall it all but that is where the form helps to back up the information you have shared.
- » Go over your top safety rules.
- » If it is a new babysitter pre-warn the children of this and get them to meet without you just rushing out the door.



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## FAMILY INFO

Mum: \_\_\_\_\_

Dad: \_\_\_\_\_

Sibling's  
(names & ages)

\_\_\_\_\_  
\_\_\_\_\_

Mums Mobile Number: \_\_\_\_\_

Dads Mobile Number: \_\_\_\_\_

## HOME

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

Home Phone Number: \_\_\_\_\_

## EMERGENCY CONTACT

Emergency contact number & name: \_\_\_\_\_

Relationship to parents & child: \_\_\_\_\_

Parent/s will be at \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address:  
(location is handy to leave) \_\_\_\_\_  
\_\_\_\_\_

## Medical

Medications/allergies  
to be aware of:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## Instructions

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(such as bedtime, snacks, rules, etc)