

# Babysitter Checklist for Newborns

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Keep an updated list for babysitters and caregivers.  
Be specific about feeding and sleeping needs and schedules.  
*Reinforce Back to Sleep.*

Parents' Names \_\_\_\_\_

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

## Contact Numbers:

**911 or other Emergency Contact** \_\_\_\_\_

**Poison Control – 800.222.1222**

**Police:** \_\_\_\_\_

**Fire Department:** \_\_\_\_\_

**Doctor:** \_\_\_\_\_

## Phone numbers:

Mom's work \_\_\_\_\_

Mom's Cell \_\_\_\_\_

Dad's work \_\_\_\_\_

Dad's Cell \_\_\_\_\_

Neighbors \_\_\_\_\_

Friends \_\_\_\_\_

## Child Information

Name \_\_\_\_\_ Age \_\_\_\_\_ Allergies \_\_\_\_\_

Medications/Dosage \_\_\_\_\_

Health Problems \_\_\_\_\_

Feeding  Breastfed  Bottle

Specific Instructions: \_\_\_\_\_

Schedule: \_\_\_\_\_

Bottles & Amount taken: \_\_\_\_\_

## Diapers

How many? Wet \_\_\_\_\_ BMs \_\_\_\_\_

Naps and Bedtime Schedule \_\_\_\_\_

No toys, stuffed animals or blankets in the crib. *Place baby Back to Sleep.*

Notes: \_\_\_\_\_

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*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital  
to help keep kids safe, healthy and happy.*