

# Child Care Instructions

Child's Name	Age	Bed Time	Meals/Snacks	Time	Activities	Medication	Time / Dose	Allergies
1.								
2.								
3.								
4.								
5.								
6.								
<b>Prohibited Activities For Children</b>								
Rules for Sitter		Yes	No	Comments				
Sitter may take children outside								
Sitter may use your car								
Sitter may use your computer								
Sitter may have visitors								
Sitter may take personal phone calls								
Sitter may eat food in house								
Other:								
Contact Information				Additional Instructions				
Family Name								
Home Address								
Home Phone Number								
Parents will be at								
Parents can be reached at								
Time expected home								
Additional Contacts	Name	Phone			Notes			
<b>In Case of Emergency, Dial 911 First</b>								