Safe Sitter® Help Sheet

Contact Information
1. Employer name
2. Address
3. Cell phone number
4. Alternate phone number
5. Back-up adult name and phone number
6. Emergency Services: 9-1-1
7. Poison Center: 800-222-1222

House Tour Checklist
• Fire escape route and outside meeting place
• Phone locations
• Locks
• Alarm systems
• Children's rooms
• Rooms that are off limits
• Diapering supplies
• First aid supplies
• Flashlight

Babysitting Information
- Bedtime
- Entertainment
- Snacks / Meals
- Toileting
- Allergies / Medicines
- Ideas for comfort / Behavior tips

Responsibilities Checklist
- Phone / TV rules
- Rules for electronic games and devices
- Outside play
- Pet routines
- Guns locked up