



# CAREGIVER GUIDE

Things your caregiver needs to know about your family.

## CONTACT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

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

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

Child's Name \_\_\_\_\_

Child's Name \_\_\_\_\_

Child's Name \_\_\_\_\_

Additional Contact \_\_\_\_\_

Cell Phone \_\_\_\_\_

Additional Contact \_\_\_\_\_

Cell Phone \_\_\_\_\_

## EMERGENCY CONTACTS AND MEDICAL INFORMATION

911/Police \_\_\_\_\_

Fire Department \_\_\_\_\_

Hospital \_\_\_\_\_

Poison Control Center 1-800-222-1222

Doctor's Name \_\_\_\_\_

Doctor's Phone \_\_\_\_\_

Child's Insurance Plan & Number \_\_\_\_\_

\_\_\_\_\_

Medications/Instructions \_\_\_\_\_

\_\_\_\_\_

Allergies \_\_\_\_\_

First Aid Kit is located \_\_\_\_\_

## FOODS AND SNACKS

Baby's feeding schedule \_\_\_\_\_

\_\_\_\_\_

Child eats around this time \_\_\_\_\_

Foods and snacks child can eat \_\_\_\_\_

\_\_\_\_\_

## ENTERTAINMENT

TV shows/movies child can watch \_\_\_\_\_

\_\_\_\_\_

Other instructions \_\_\_\_\_

\_\_\_\_\_

## BEDTIME

Bedtime is \_\_\_\_\_

Bedtime problems/concerns \_\_\_\_\_

\_\_\_\_\_

## INFORMATION FOR YOU

Friends are allowed over:  Yes  No

You can use the computer:  Yes  No

You can talk on the phone:  Yes  No

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

\_\_\_\_\_