

Babysitter Emergency Information Sheet

Printable organizer for babysitters and trusted child caregivers

For parents and guardians preparing emergency information for babysitters or short-term caregivers.

Emergency information to organize ☐ Parent and guardian contacts ☐ Backup contacts and pickup notes ☐ Allergies and medical information to share ☐ Pediatrician and pharmacy details ☐ Household and comfort notes	Contacts and locations Primary contact: Backup contact: Provider/pharmacy: Where documents are kept:
Important notes for helpers Communication, mobility, comfort, access, supply, and routine notes can be written here. Keep instructions consistent with the person's care plan and clinician guidance.	Update reminder Review this sheet after contact, medication, allergy, provider, school, caregiver, household, or care-plan changes.

Privacy and safety note

Share only with trusted caregivers or contacts. Store paper copies where they are easy to find but not publicly visible. This sheet can help organize emergency information; it is not medical, legal, custody, or child-care advice and does not replace emergency services, clinicians, patient portals, medical records, medication labels, or care plans.

