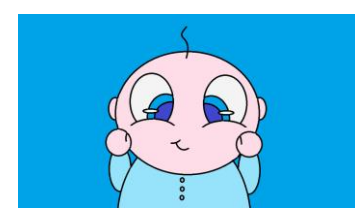


Babysitter Notes



Sleep Schedule

1st nap – 2 hours after waking (9am)

2nd nap – 3 hours after 1st nap (2pm)

Bath+Bedtime – 7 - 8pm

Feeding Schedule

7am – bottle + breakfast

11am - bottle + lunch

3pm – 7oz bottle

6pm – dinner

7-8pm – bedtime bottle

Bedtime Routine

1. Bath + brush teeth,
2. Diaper + moisturize,
3. Dress + Sleep sac,
4. Bottle then story,
5. Song, bed, sound machine,
6. Pacifier, Lights off, sleep.

Name:

D.O.B.

Address:

Home:

Allergies:

Health card#

IN CASE OF EMERGENCY:

911

Mom – () –

Dad – () –

Grandparent – () –

Neighbour – () –

Likes...

-
-
-
-
-
-
-
-
-
-

ABSOLUTELY NO:



Please help yourself to any food/drink in fridge.