

Child's Name: _____

Birth date: _____

- Mom's (name) cell phone number: (xxx) xxx-xxxx
- Dad's (name) cell phone number: (xxx) xxx-xxxx

- Address: _____ *(This section is where you provide information about what the house looks like and how to get in, as well as the name of the neighborhood/complex if necessary. It may seem overkill, but if an emergency occurs, this is great information for the babysitter to be able to provide to emergency services.)*
 - House Description: Green condo with brick side and courtyard walls. Carport in the back with gate leading to sliding door. House is the condo closest to the street (left side) in *name removed for privacy* Condominiums.

- Andersen's doctor:
 - Dr. (name of doctor) at (doctor's office) OR take her to (name of hospital) Emergency Room if closed
 - Phone: (xxx) xxx-xxxx (name of doctor's office)
 - Address: _____
 - Up the hill from our house off of name of street next to businesses/landmarks

- Where we will be:
 - Name of location
 - Address location
 - Show starts at 1 PM and should end by 4 PM and we'll come right home after that (rough estimate for time frame)
 - Any additional contact information (ie: seat numbers at concerts)

- In case of emergency, call:
 - Name (Friend who lives nearby): (xxx) xxx-xxxx
 - Name (Grandma): (xxx) xxx-xxxx

- Feeding:
 - Andersen eats on demand (approx. every 2 hours). Bottles are already prepared and in the the refrigerator. You'll need to warm them up before feeding her. Take out the bottle vent and set warmer to about 4 mins (test temperature before feeding). She doesn't usually take more than 4oz at a time. Feed more if still hungry.
 - No solid food

- Sleeping:
 - Naps
 - Andersen naps about 3x a day. Usually at 10 AM, 2PM, 6PM. Naps usually last about 45 mins each, if she sleeps longer that's perfectly fine! Don't wake her.
 - Wrap her in her white blanket and put in DockaTot once she is sleepy. She may fuss a little, but give her a pacifier and try to let her settle herself.
 - If all else fails, put her in the car seat with her white blanket and rock the carseat, this usually puts her down immediately, but should be used as a last resort. She can nap in there.
 - Night-time

- Andersen usually goes to bed around 8:30. Change diaper, put in PJs, and swaddle legs in ZiggyBaby (leave arms out). She should sleep in the DockaTot in her crib with only the noise machine light and white noise sound on.
- Feed approx. 6 oz of formula (she may only take 4) in dark nursery and burp before putting down. It's okay if she is awake, but calm when she goes down. She should put herself to sleep. Do NOT use cry it out method. If inconsolable, the car seat is a good way to get her to sleep. Once asleep, make sure to take her out and place in DockaTot.
- Changing diapers:
 - Diapers/wipes/cream are in the diaper cart next to the fireplace and also in her room. Please use cream with every diaper change.
 - Before bed, use night-time diapers on changing table and use extra diaper cream. Do not wake to change at night unless she poops or her diaper is leaking.
- Play:
 - Andersen loves to be naked. If you set out a pee pad and let her play in her mat, she'll love you forever.
 - She loves the piano in her crib. Prop her up in front of it using the Boppy and let her kick the keys. She should stay occupied for about 10 mins. You can take a break and watch her from the monitor.
 - Do not use excersaucer for more than 10 mins at a time. Her legs are not strong enough to support her weight for more time than that.
- Andersen's information (*important to provide in case of an emergency*)
 - Weight: approx. 12 lbs
 - Height: 24 1/2 in
 - Allergies: Eggs
 - Medications: None
 - Eye color: Dark Grey
 - Hair color: Light brown
 - Last time she was fed:
 - Time she was put to sleep: