

Instructions for the Baby Sitter

Date: _____ Name: _____

Contact number: _____


In case of emergency, dial 911.


Backup contact: _____

Backup number: _____ Time we will be home: _____

Babies and kids sometimes cry. Babies may cry because they're tired, hungry or need their diaper changed. Kids may cry because they don't know how to tell you what they want or they're frustrated. Babies and kids may even cry for no apparent reason. They do not cry to be bad or make you angry.

When these things happen, it's normal for you to feel frustrated. If you get frustrated:

 Put _____ on his/her back in a safe place, such as a crib or the middle of the floor. A good place is _____.

 Step into another room for a few minutes. Take a few deep breaths. You can even call _____ at _____.

 Please, **never** shake, hit or push _____. Doing so will not stop the crying and will only make things worse.

Additional instructions: _____

Favorite toy or distraction: _____

Games to play: _____

Naptime/bedtime: _____ Feeding time: _____

What to feed: _____ Snack options: _____

Things to check when crying:

- | | | |
|--|--|--|
| <input type="checkbox"/> Does his/her diaper need to be changed? | <input type="checkbox"/> Is he/she hungry? | <input type="checkbox"/> Does he/she need a hug? |
| <input type="checkbox"/> Is he/she too hot or cold? | <input type="checkbox"/> Is it nap/bedtime? | <input type="checkbox"/> Is he/she scared? |
| | <input type="checkbox"/> Is he/she frustrated? | |

Remember, babies and kids may cry for no apparent reason. They do **not** cry to be bad or make you angry.

