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:

☐ Does his/her diaper need to be changed?  ☐ Is he/she hungry?  ☐ Does he/she need a hug?
☐ Is he/she too hot or cold?  ☐ Is it nap/bedtime?  ☐ Is he/she scared?

☐ 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.