



Babysitting Checklist

Go through this list together before childcare begins – tick it off, add notes and pin it to the fridge.

Key details

- ☐ Parents' names and address
- ☐ Name(s) of the child / children
- ☐ Age(s) of the child / children
- ☐ When should I look after the children, and for how long?

Important phone numbers

- ☐ Family phone number
- ☐ Number where the parents can be reached (e.g. friends, restaurant, mobile)
- ☐ Relatives or friends who can be reached in an emergency
- ☐ Neighbours' phone number
- ☐ Emergency / fire brigade: **112**
- ☐ Paediatrician (reachable in an emergency)
- ☐ Poison control Munich: **+49 89 19240**

Where do I find ...

- ☐ the house key
- ☐ the phone
- ☐ the first-aid kit
- ☐ nappies and care products
- ☐ spare clothes / bed linen
- ☐ the potty
- ☐ dummy / cuddly toy or pillow
- ☐ baby bottle / baby food or meals for the children / tea
- ☐ the fire extinguisher

Should I ...

- ☐ give the child something to eat or drink? Where may the children eat and drink, and where not?
- ☐ Are there foods the children may not have, or only in moderation (e.g. sweets)? **Check for allergies!**
- ☐ What may the children snack on (e.g. fruit but no sweets)?

- ☐ change the child's nappy or clothes (pyjamas)?
- ☐ take the child to the toilet and help there?
- ☐ let the child use the phone?
- ☐ open the door when someone rings?
- ☐ lock the front door, and leave the key in or take it out?

When I look after the child during the day

- ☐ May I go outside with the child? Where to – and where not?
- ☐ How do I open and fold the pushchair?
- ☐ Where is the nearest playground?
- ☐ What should the child wear outside? Where are wellies, gloves etc.?
- ☐ May I let in playmates who turn up unannounced?
- ☐ May the child watch TV? Which programmes, how long – and which not?
- ☐ May the children play computer or tablet games? With a time limit?
- ☐ What does the child like to play most?
- ☐ Do the children have tasks, e.g. homework or tidying their room?
- ☐ Are there routines for naps, meals or bedtime (reading a story, singing a song ...)?

When I look after the child in the evening or at night

- ☐ How do I best comfort the child – any rituals like blowing the pain away or a comfort song?
- ☐ What is the latest bedtime?
- ☐ Which bedtime rituals is the child used to (singing, praying, reading, cuddly toy, night light, music box)?
- ☐ Does the child sometimes wake up at night – and what helps it fall asleep again?
- ☐ Which doors or windows are locked?
- ☐ How do I get home at night? Will the parents drive me or will I be picked up?
- ☐ May I watch TV, listen to music or have something to eat and drink while the child sleeps?
- ☐ May a friend come along?

Special notes

- ☐ Is the child allergic to anything – and how do I handle it?
- ☐ Does the child currently or regularly take medication?
- ☐ What special habits does the child have?
- ☐ How can I best distract it while changing nappies?

WELL PREPARED IS HALF THE CARE.