

Today at a glance

Everything you need tonight is on this page. Call us for anything at all. We would rather get the text.

DATE _____

PARENTS

Try both. Whoever answers first.

Name _____

Name _____

Cell _____

Cell _____

WHERE WE ARE

Place _____

Back by _____

THE KIDS

Meds: what, how much, and when the last dose was.

NAME	AGE	ALLERGIES AND REACTION	MEDS, DOSE, LAST GIVEN	BEDTIME
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EMERGENCY

Call 911 first, then us. Poison Control (US): **1-800-222-1222**, free, 24 hours. Outside the US, write your local poison line here: _____

Nearest neighbor _____

Pediatrician _____

Cell _____

Phone _____

Our address, written out so you can read it to a dispatcher. Include the apartment or unit, gate code and nearest cross street.



Good to know

The house, the rules, and how the evening usually goes.

HOUSE RULES

The three we actually enforce.

SCREENS

What, how long, until when.

SNACKS

What is fine, what is not.

WHERE THINGS ARE

First aid kit

Wifi name and password

Thermometer and children's meds

Spare key, how to lock up

Flashlight

Pet food, leash, where the pet sleeps

THE PLAN FOR THE EVENING

Dinner, bath, books, lights out.

TIME

WHAT

COMFORTS AND QUIRKS

The stuffed animal with a name, the night light, the song. What works when someone is upset. What they will tell you we allow, and do not.

