

## Babysitter Guide

**Child:**

**Age:**

**Parents:**

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**Home Address:**

### Front Door

- The front door to the house locks automatically after 30 seconds

### Wi-Fi

- Username:
- Password -

### Sleep Schedule

- He should be “asleep” from 7 PM- 7 AM. Please do not play with him during these hours.
- Do not turn on the lights in the room he is sleeping in
  - You can use lamp by changing table. (Press the base of the lamp to turn it on, press 4 times to turn it off)
- He may wake up - Wait a few minutes, if he's fussing or crying then put in his pacifier (green pacifier in his bassinet).
  - Do not pick him up until you wait another few minutes. He makes noises in his sleep and may be dreaming.
  - If he is still fussing after using the pacifier then pick him up and pat him on this back while walking around (burping position). He may have gas.
  - If he is still fussing or crying after that then put a bottle in the warmer and feed him because he is hungry. This will probably be between midnight and 2 am.

### Feeding

- He may want to eat between midnight and 2 am
- A bottle is on the right side of the refrigerator
- Bottle Warming Instructions:
  - Use bottle warmer in the kitchen counter (Black and white Baby Breeza machine)
  - Put the bottle in the machine
  - Turn on; press “cold” until it gets to level 6; press steady warm
  - Test temperature of bottle before feeding to make sure it is not too hot
- Keep baby in swaddle
- Put bib on baby and have green burp cloth ready in case he spits up
- Feed baby - He may only want half of the bottle
- Sit in the bedroom recliner when you feed him, keep main bedroom lights off, use night lights.
- Burp baby and keep him upright for 20 mins after he finishes so his food can digest
- Lay baby back in bassinet

- Put leftover bottle back in the refrigerator

#### Fussiness

- Use his green pacifier if he is fussy or needs to be soothed.
- If he gets fussy again, repeat the pacifier.
- If he gets fussy again, pick him up, hold him upright on your chest, and walk around the bedroom while patting his back to burp him in case he has gas.
- If he still doesn't sleep and gets fussy, now you can feed him.

#### Diaper Changes

- Please do not change his diaper. We will change it when we get back home