BABYSITTER CHECKLIST

SPACE MAKER
PROFESSIONAL



So, you've found the perfect babysitter. Now what?

Setting clear expectations and instructions is key to a smooth babysitting experience with less stress! I've created three detailed instruction sets that evolved as my child grew—starting with the baby years, then age 6 and finally age 11. These are meant as guides, so feel free to tailor them to your child's needs.

I recommend texting these instructions to the babysitter before they arrive. This ensures they know what to do, understand expectations, and have time to ask any questions in advance.

Enjoy!
Jennings



JENNINGS KING
FOUNDER & OWNER

Child (s) Name - Baby Infant with bottle feeding

Your Name: (cell #)
Spouse Name: (cell #)
Across the Street neighbor: (Name) cell: (cell #)
Pediatrician: Dr. (Name) (Phone Number)

Babysitter Expectations:

- *(Child) has no allergies to foods or medications.*
- Refrain from using your own cell phone for personal use, unless child is asleep
- WiFi: password: _____ for network: _____
- Put ALL dishes & cups in the dishwasher – I will let you know if the dishwasher is clean, but that is rare: if you want to make me really happy unload the dishwasher if it is clean!
- Wipe down kitchen counter after using the kitchen
- Preferable – NO TV / iPad with Child – unless its bedtime and a little cartoon is fine
- ALWAYS clean up the toys and put back in place in the den
- Clean up after yourself
- Do NOT put Cutco knives in the dishwasher – these are handwash only

Bottles – 4 times a day *(see refrigerator dry erase board for exact ounces)*
7am
11am
3pm
7pm (bedtime) – with rice cereal & formula

Please see the attached schedule of eat, play, sleep schedule...most days are usually in this sequence.

BOTTLE tips:

Bottle warmer's Instructions:
1 scoop = 2oz refrigerator water (do NOT use TAP water)
ex. 6 oz = 3 scoops or 7 oz = 3 ½ scoops
SWIRL the bottle and formula to mix, do NOT shake, it causes air bubbles and Baby gets very gassy and upset!
Make sure bottle top is on REALLY tight, otherwise it will leak

Feeding Baby Bottle: (burping is VERY important!!!)

1. Put burp cloth under chin, baby loves this and knows it's time to eat, or you can use a bib if you prefer
2. Tilt bottle at angle

3. Stop every once in a while, maybe every 2oz or so to help baby slow down if baby is drinking too fast.
4. Burp baby ½ or ¾ way through…
5. Burp at the very end as well.
6. Sit baby upright for about 5-10 min at least before doing any activity so that the milk can settle, otherwise baby will spit it up!

NAPS:

1st nap 8:30-9:30am and 2nd nap 1-2pm

Baby usually naps 2 hours after he has woken. Put him down BEFORE he starts to rub his eyes. He usually starts getting very talkative and fussy when he is ready for a nap. Rule of thumb is to put him down before he gets tired. It's easier for him to fall asleep. **Please keep to this exact sequence and routine**, it's amazing how much better it works, when he knows what he is supposed to do.

1. Start in nursery…
2. close door
3. turn off lights
4. turn on sound machine – switch down to get the loudest setting
5. close blinds
6. Change child's diaper
7. zip him up in the "Wombie"
8. Sit in chair and passy him
9. Read the blue/purple book, in a soft voice, "A Baby is Born" while rocking him
10. Once finished rock for just a few minutes until his eyes are heavy
11. Get up and walk toward crib
12. Then sway him back and forth in a cradle position. Then place him in crib with his head head on your left. He can keep passy in mouth if he is still sucking on it. Sometimes he will spit it out.

Child's last bottle and bedtime:

Routine: start about 6:50 at the latest (prepare bottle)

(if you want to start this bedtime earlier to read a book or sing, even better – just turn on lamp)

1. Start in nursery…Change child's diaper
2. Put on child's pj's, a gown or footy outfit is fine

(you should have bottle already prepared and in room with you)

3. turn off lights
4. turn on sound machine – switch down to get the loudest setting
5. close door
6. feed child bottle in chair (should take about 20-30 minutes depending on how "awake" he is)
7. zip him up in the "Wombie"
8. Then sway him back and forth in a cradle position. Then place him in crib with his head on your left. Congrats, your done!

Plan B: if he isn't going to sleep as easily, you may have to rock him in a chair and even use his Passy. I usually try not to put him in bed with his passy, bc when he spits it out it usually wakes him up, but you may have to some nights! Whatever works at this point!

Things Child loves:

- Sit in pod, also backwards so he works his stomach and arm muscles
- Floor gym, loves this!
- The bouncy seat with the vibration turned on
- Tummy time on any blanket
- List Music:
- Walks in stroller
- Reading & BOOKS!!!

Baby Monitor:

- On my bedside table in bedroom
- To turn on push the on button (top left button) and HOLD it until screen pops on
- When it's on battery power the screen will turn off. If you want to turn it back on, push the top middle button.
- "Menu" button is on the right side of the monitor, the top one.
- **Be careful NOT to push the light bulb icon** because it turns on the light on the monitor, which wakes the child up, it's a sensitive button! If the light is on there are 4 lines over the bulb showing that it is on.

Food

There are frozen pizzas and lasagnas in the fridge. Help yourself if you would like. Drinks in the outside garage fridge.

Child (s) Name - Age 6-7

Your Name: (cell #)
Spouse Name: (cell #)
Across the Street neighbor: (Name) cell: (cell #)
Pediatrician: Dr. (Name) (Phone Number)

Babysitter Expectations:

- *(Child) has no allergies to foods or medications.*
- Refrain from using your own cell phone for personal use, unless child is asleep
- WiFi: password: _____ for network: _____
- Put ALL dishes & cups in the dishwasher – I will let you know if the dishwasher is clean, but that is rare: if you want to make me really happy unload the dishwasher if it is clean!
- Wipe down kitchen counter after using the kitchen
- Preferable – NO TV / iPad with Child – unless its bedtime and a little cartoon is fine
- ALWAYS clean up the toys and put back in place in the den
- Clean up after yourself
- Do NOT put Cutco knives in the dishwasher – these are handwash only

Schedule:

7am – awake
7-7:30am - Breakfast
10:15am –snack
12:00 – 12:30pm – lunch
3:30-4 - snack
6:00 – dinner
7:30pm ~ 7:45pm – brush teeth + reading 2 books (bedtime)

Food & mealtimes

7 - 8am – food in kitchen (see below for food he eats) + water
10:15am – light snack
11:30am – food at table (see below for food he eats) + water
3:30pm – water & snack (gold fish, popcorn, nuts, banana chips, string cheese, cheese crackers, bfast bars)
6:00 pm – food in kitchen booth (see below for food he eats) + water

BEDTIME:

1. BRUSH teeth & wash hands if child didn't take a bath/shower
2. In child's room Put on his pajamas – 3rd drawer
3. turn on sound machine – switch down to get the loudest setting
4. Sit in bed & Read one or two of the books
5. Close door

Child's Food:
Breakfast: cereal (cinnamon Life or Cheerios or Cin Life Cereal) , yogurt, cream cheese & English Muffin, toast, bananas, fruit
In FREEZER: chicken nuggets w/ ketchup (4), corndogs
In Fridge: string cheese, yogurt, fruit, apples, grapes, strawberries, raspberries, blackberries
Counter: peanut butter, bananas, crackers
Quesadillas w/ ketchup, grilled cheese sandwich, corndogs, edamame

Things Child loves:

- Playing with trucks & cars
- Playing outside on deck
- Kicking soccer ball
- basketball
- Hitting baseball (all plastic – not real)
- He LOVES the Pandora stations: – singing and dancing (Darius), uptown funk, Life is A Highway (Cars movie song), Michael Jackson dance parties
- Reading & BOOKS!!! *Jack & Annie, or any truck books, Llamma Llamma*
- Singing Songs:
- Golf cart rides
- His art set is in the cabinet in the adult den in a plastic bin – painting / drawing
- Riding his scooter or bike or Razor trike (w/ helmet) in driveway or street

Things to watch OUT for:
Making sure he goes to the bathroom & washes hands (he will tell you if he needs to go)

Dresser in Room:

top drawer: pants & shorts
2nd drawer: socks, bathing suits, & swim shirts, & underwear
3rd drawer: pajamas
bottom drawer: shirts

Baby Sitter Food
There are frozen pizzas in the freezer…help yourself if you would like. Anything else is all yours too!

Child (s) Name - 11 Year Old

Your Name: (cell #)
Spouse Name: (cell #)
Across the Street neighbor: (Name) cell: (cell #)
Pediatrician: Dr. (Name) (Phone Number)

Babysitter Expectations:

- *(Child) has no allergies to foods or medications.*
- Refrain from using your own cell phone for personal use, unless child is asleep
- WiFi: password: _____ for network: _____
- Put ALL dishes & cups in the dishwasher – I will let you know if the dishwasher is clean, but that is rare: if you want to make me really happy unload the dishwasher if it is clean!
- Wipe down kitchen counter after using the kitchen
- Preferable – NO TV / iPad with Child – unless its bedtime and a little cartoon is fine
- ALWAYS clean up the toys and put back in place in the den
- Clean up after yourself
- Do NOT put Cutco knives in the dishwasher – these are handwash only

Schedule: close to...

6am – awake
7-7:30am – Breakfast and/or school
12:00 – 12:30pm – lunch
3:30-4 - snack
6:00 – dinner
7:30pm ~ 7:45pm – brush teeth + he reads for 30 minutes

BEDTIME:

1. BRUSH teeth & wash hands if he didn't take a bath/shower
2. IF he showers make sure it is fast ex. 4-5 min max – he takes LONG showers if not!
3. In child's room Put on his pajamas – drawer in closet
4. turn on sound machine – switch down to get the loudest setting
5. He reads for 30 minutes
6. Close door

(Child's Name) Food:

Breakfast: cereal (cinnamon Life) cream cheese & bagel
In FREEZER: pizza
In Fridge: fruit, apples, grapes, strawberries, raspberries, blackberries
Cabinet: anything in his snack bins
Quesadillas w/ ketchup, grilled cheese sandwich, edamame, avocado sushi

Things (Child Name) loves:

- Board games
- Playing “paper football”
- Legos
- Playing outside on deck & driveway
- Using his pitching wedge in front yard to hit golf balls
- Kicking soccer ball
- Basketball
- Reading & BOOKS!!!
- His art set is in the cabinet in the adult den in a plastic bin – painting / drawing
- Riding his bike (w/ helmet) in driveway or street

Things to watch OUT for:

washes hands

All his clothes are in his closet shelves or in drawers:

Baby Sitter Food

There are frozen pizzas in the freezer...help yourself if you would like. Anything else is all yours too!