

BABYSITTER BASICS



We'll be at:

Location: _____

Phone: () - _____

We'll be home by: _____ : _____ am pm

How to reach us:

Main Phone: () - _____

Alternative Phone: () - _____

Emergency Information:

Neighbor/Friend: _____

Phone: () - _____

Doctor: _____

Hospital: _____

Our kids:

Name: _____ Age: _____

Medical Info: _____

Favorite Things: _____

Name: _____ Age: _____

Medical Info: _____

Favorite Things: _____

Name: _____ Age: _____

Medical Info: _____

Favorite Things: _____

Notes:

Crying happens. To deal with crying, please try this plan:

1. Try a Calming Technique

- Swaddle the baby
- Offer a pacifier or toy
- Sing or talk to the baby in a soothing voice

2. Try a Connecting Technique

- Gently swing or rock the baby
- Take the baby for a walk in the stroller
- Hold the baby close and breathe calmly

3. Try a Coping Technique

- Call us at one of the phone numbers listed above
- Call a friend or relative for support
- Put the baby in the crib, close the door, and check back when you're calm
- Take a deep breath

While you were gone, this Little Connection happened _____

If you feel overwhelmed, it's always okay to call!

To learn more about the importance of little connections and lifelong foundations visit: **1000wayswecare.org**.

KOHL'S 1,000 WAYS WE CARE CAMPAIGN PARTNERS