



Babysitter & Emergency Info

Everything a sitter, grandparent, or house sitter needs. Fill it in once, then keep it on the fridge.

CHILDREN				
Name	Age	Allergies	Medications & dosage	Bedtime

EMERGENCY CONTACTS	
Parent / Guardian	
Parent / Guardian	
Pediatrician	
Nearest ER / Hospital	
Poison Control	
Neighbor / Backup	

HOME ESSENTIALS	
WiFi network	
WiFi password	
Alarm code	
Breaker box location	
Door code / spare key	
First-aid kit location	

HOUSE RULES	
Screen time	
Snacks & meals	
Bedtime routine	
Off limits	

NOTES



Every detail, one place, always current.

One place for the whole family's calendar, meals, chores, and lists — updated by anyone, kept in sync by Vidalio.

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