



THE  
*Caregiver's*  
HANDBOOK

# THE *Caregiver's* HANDBOOK

Kids don't usually come with a handbook, but ours do!

Here is some helpful information to keep everyone healthy and happy while Mom & Dad are away. Feel free to use whatever is helpful to you.

Thanks again for caring for our children in our absence!

# EMERGENCY CONTACT INFORMATION

## FAMILY CONTACTS

MOM: \_\_\_\_\_ PHONE: \_\_\_\_\_

DAD: \_\_\_\_\_ PHONE: \_\_\_\_\_

OTHER: \_\_\_\_\_ PHONE: \_\_\_\_\_

## MEDICAL CONTACTS

PEDIATRICIAN: \_\_\_\_\_ PHONE: \_\_\_\_\_

URGENT CARE: \_\_\_\_\_ PHONE: \_\_\_\_\_

POISON CONTROL: \_\_\_\_\_ PHONE: \_\_\_\_\_

DENTIST: \_\_\_\_\_ PHONE: \_\_\_\_\_

HOSPITAL: \_\_\_\_\_ PHONE: \_\_\_\_\_

## NEIGHBOR CONTACTS

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

NOTES: \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

NOTES: \_\_\_\_\_

## SCHOOL CONTACTS

SCHOOL: \_\_\_\_\_ PHONE: \_\_\_\_\_

TEACHERS: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ PHONE: \_\_\_\_\_

TEACHERS: \_\_\_\_\_

# OUR DAILY ROUTINE

TIME	WHAT WE DO	NOTES

# OUR FAMILY RULES

- 1.
- 2.
- 3.
- 4.
- 5.

# KID FAVORITES

TOYS:

GAMES:

BOOKS:

TV SHOWS/MOVIES:

OTHER:

# HELPFUL TIPS

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# FEEDING TIME AT THE ZOO

## FAVORITE FOODS

<u>BREAKFAST</u>	<u>LUNCH</u>	<u>DINNER</u>	<u>SNACKS</u>

## FOODS TO AVOID

<u>DISLIKES</u>	<u>ALLERGIES</u>

## SUGGESTED DINNER MENU

	<u>MEAL</u>	<u>NOTES</u>
SUN		
MON		
TUES		
WED		
THURS		
FRI		
SAT		

# CALENDAR OF EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT

## OTHER FUN ACTIVITIES AROUND TOWN

PARKS:

LIBRARY:

MUSEUMS:

OTHER ACTIVITIES: