

# Trusted Carers

## Babysitting Safety Checklist

Fill this in with your babysitter before you leave the house. Keep a copy on the fridge or hallway noticeboard.

### 1. Emergency Contacts

Parent 1 mobile: \_\_\_\_\_ Parent 2 mobile: \_\_\_\_\_  
Backup contact (family/neighbour): \_\_\_\_\_ Their phone number: \_\_\_\_\_  
GP name: \_\_\_\_\_ GP phone number: \_\_\_\_\_  
Home address & Eircode: \_\_\_\_\_  
Nearest hospital / A&E: \_\_\_\_\_

**In any emergency, call 999 or 112.**

### 2. Allergies & Medical Information

Known allergies: \_\_\_\_\_  
Reaction symptoms to watch for: \_\_\_\_\_  
☐ Sitter has been shown where any adrenaline auto-injector (EpiPen/Jext/Anapen) is kept, if prescribed  
☐ Sitter knows: call 999/112 immediately if a severe allergic reaction (anaphylaxis) is suspected  
☐ Written allergy action plan provided (if applicable)

### 3. Bedtime Routine

- ☐ Bedtime and wind-down routine explained (bath, story, lights out time)
- ☐ Comfort items shown (soother, teddy, blanket)
- ☐ Night light / baby monitor location and use explained
- ☐ What to do if a child wakes or won't settle discussed

### 4. House Rules

- ☐ Screen time and device rules explained
- ☐ Food and snack rules explained (what, when, how much)
- ☐ Rooms or areas that are off-limits shown
- ☐ No visitors while babysitting — confirmed with sitter
- ☐ Wi-Fi password provided (if appropriate)

## 5. Fire Safety

- ☐ Smoke alarms tested and in working order
- ☐ Sitter shown at least two escape routes from the house
- ☐ Escape route keys (windows/doors) shown and accessible
- ☐ Outside meeting point agreed in case of evacuation
- ☐ Fire extinguisher / fire blanket location shown, if you have one

## 6. First Aid

- ☐ First aid kit location shown
- ☐ Sitter's first aid certification checked (provider & date)
- ☐ Sitter knows basic choking, bump, and cut response
- ☐ Sitter knows to call 999/112 for any serious injury or medical concern

## 7. Cameras & Monitoring

- ☐ Sitter told if any indoor camera or baby monitor is in use in the home
- ☐ Sitter told which rooms, if any, are monitored

## 8. Medication

Medication to be given (name & dose): \_\_\_\_\_

Time(s) to give it: \_\_\_\_\_

- ☐ Medication instructions written down, not just spoken
- ☐ Medication stored safely and out of children's reach

## 9. Pet Safety (if applicable)

- ☐ Sitter introduced to pets calmly before parents leave
- ☐ Feeding instructions given, if needed during the visit
- ☐ Rooms or areas pets aren't allowed in explained
- ☐ Sitter knows never to leave young children unsupervised with pets

## Notes

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