

# Checklist for the first day

## General information and emergency situations

### List of emergency numbers

Leave emergency numbers, e.g. for your paediatrician, other family members and neighbours, in case you are not available.

### Safety check for emergencies: Where is what?

Do a safety check together: Where are fire extinguishers or fire blankets, all exits and escape routes, fuse box, torch or candles to be found? In the case of a detached house, it is also good to know where the main water tap is.

### Opening the door: to whom and when?

Discuss with the babysitter whether the front door may be opened and if so, to whom.

### Allergies or diseases

Does your child have any allergies or medical conditions, such as food or insect sting allergies or asthma? If they require medication, leave detailed information on how, when and how often to administer it.

### Storage location of the first aid kit

Where is the first aid kit and medicine cabinet? Make sure they are stocked with the essentials (plasters, bandages, disinfectant, thermometer, etc.).

### If available: Explanation alarm system

If you have an alarm system, explain to the babysitter how it works and how to notify the emergency centre in case of a false alarm.



## Sleeping, eating and entertainment

### Food and beverages

What is the child allowed to eat and drink, and how should the food be prepared? Which foods is your babysitter allowed to help themselves with?

### Which rooms may be entered?

In which rooms may the child and the babysitter stay? Are there any rooms that are not allowed to be entered?

### Dinner time procedures

What is your usual mealtime routine? This way, your babysitter can arrange the meals accordingly.

### Bedtime rituals

What rituals do you have for putting the child to sleep, e.g. stories, songs, light, this way your babysitter can put the child to bed in a familiar routine.

### Behaviour if the child wakes up at night

What is the best way to calm down the child at night?

### Where the toys are kept

Where are the child's favourite toys and other toys and things that make the child feel safe?



**Place of storage for clothes, shoes, bed linen**

Where are the clothes, nappies, bedding, and which clothes may be used for which activities?

**TV, game console, computer**

Is the child allowed to watch TV, play on the game console or with the computer? If so, what and for how long? Which devices is the babysitter allowed to use?

**Functions of the most important devices**

How to operate the TV, stereo, cooker, microwave etc.

**Hobbies and preferences**

What does your child like and how can their interest be aroused?

**Outdoor activities**

Should the babysitter go outside with your child? If so, explain where there are nearby playgrounds, what to take with them, and how you usually arrange walks.

**Nappies and/or potty**

Is the child potty-trained or does it still need to be changed?

**Special words and terms**

Does your child have any special words or expressions for important things?



## Parenting

Talk to the babysitter about parenting issues. What are your expectations and views, what do you value, and what is important to you?

## Further information

