



Parents Instructions

FORM 3

Section 1: Children's bedtime rituals

- 1) _____ What time is their bedtime _____
- 2) _____ What time is their bedtime _____
- 3) _____ What time is their bedtime _____
- 4) _____ What time is their bedtime _____
- 5) _____ What time is their bedtime _____

(Name of children)

Section 2: Are meals and snacks to be given to the children and at which times

Section 3: Activities for the children

Are there activities already planned for the children. Keep in mind, a babysitter's job is to keep the children within sight at all times. If the children are young, do not assign activities that will separate them from the babysitter.

Section 4: Are there any activities the children are not allowed to do

Section 5: Rules for the babysitter

- | | | |
|---|-------|------|
| Can the babysitter take the children outside | (yes) | (no) |
| Can the babysitter use your computer to access the internet | (yes) | (no) |
| Can the babysitter have visitors | (yes) | (no) |
| Can the babysitter take personal phone calls | (yes) | (no) |
| Can the babysitter make something to eat from what is available | (yes) | (no) |

Additional rules to follow

Use the space provided above to add any additional rules you want your babysitter to follow. If you run out of room, flip the sheet and write on the back.