



# 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

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## Section 3: Activities for the children

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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

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## Section 5: Rules for the babysitter

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|---|-------|------|
| 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

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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.