



This form was filled out on:

My child:

- Name:
- Age:
- Grade/School info:

You can contact me by:

- Phone:
- Email:
- Other (*like place of work, location you're going, etc.*):

If you cannot reach me, please reach out to: (*name, relationship, phone number*)

- 1.
- 2.
- 3.

This information may or may not be useful for every caregiving experience. Please use it to your advantage by taking a moment to read through it and let me know if you have any questions at all.

1. My child's routine:

- a. Wake up time & routine:
- b. Nap time(s):
- c. Meal & snack times:
- d. Bedtime & routine:
- e. School times:



- f. Other activity dates and times:
2. My child's favorites:
 - a. Favorite foods:
 - b. Favorite games:
 - c. Favorite books:
 - d. Favorite toys:
 - e. Favorite activities:
3. My child is interested in:
 - a. Learning about these activities and topics:
 - b. Engaging with you to do these special, growth, or developmental activities:
4. My child expresses their needs and emotions by:
5. You should be aware that my child has these specific fears or anxieties:



6. The tried and proven tools you can use to help my child transition from one activity to another are:
7. When my child is upset, sad, or having a difficult time, these items or routines help soothe and comfort them:
8. Our family values, rules, and boundaries are:
9. The tried and proven tools you can use to uphold boundaries, rules, or values are:
 - a. When in your care, these are the rules or boundaries:
10. You can hold my child accountable for their actions by:
 - a. The tried and proven tools I use to discipline my child are:
 - b. My child's reaction to the discipline will probably be:
11. My child has these medical conditions, allergies, or special needs the you need to be aware of:



12. I would like the caregiver to collaborate with me by:

(Example for parent: Please let me know any struggles you have with my child. They are working on expressing their feelings. If they are struggling, you can ask them to name their feelings.)

13. Please send updates about my child in this manner and time frame:

(Example for parent: Text me just after you put my child to bed. Or call me at 7:40 pm so I can say goodnight to my child before bed.)

14. The key responsibilities I expect the caregiver to manage are:

(Example for parent: Please make sure homework is completed, the child cleans the toy room before bedtime, and the bedtime routine is followed.)

15. Special tasks or areas I need the caregiver to take initiative are:

(Example for parent: Please make sure the kitchen is clean when I come home, including starting the dishwasher.)