

Occasional Care Information Sheet

Allergy Alerts: Name of child, allergies. Actions to take in case of a reaction. Medication, location and amount.

- **Emergency Contact Numbers:**
Cell phone numbers:
 - **Mother:**
 - **Father:**
 - **Step Parents:**
 - **Grandparents:**

- **Emergency contacts friends and family members with decision making power.**
 - Aunts and Uncles

 - Family Friends

- **Your agenda for the evening.**
 - Where you are going for the evening, names of places and addresses. Contact information.

- **Each child's schedule.**
 - Favorite activities for each child.

 - Favorite foods for each child.

 - Favorite toys.

 - Bedtime routines

- **Most effective ways to comfort your child.**
 - When hurt.

 - When upset due separation anxiety.

- When frightened.
- When a small child wakes up and wants their parents.

- **Rules of the house.**
 - T.V.

 - Allowed to visit friends house until what time. Please list the friends and phone numbers:

 - Curfews as required for older children:

 - Phone use including cell phone:

 - Computer use and electronic games including hand held.

 - Behavior guidance policy. Supervision for indoor and outdoor play.

 - Meal times, clean up rules, food limitations such as: no water after 6 pm; no candy; snack of milk and cereal before bed: