

Your infant's babysitter Buttoned Up.™

Leaving your infant in the care of another, even if it's only for an hour or two, can be really tough to do. Put your mind at ease by using this simple checklist from Buttoned Up to direct your babysitter on how to care for your tiny one while you're away.

where we will be:

time we will be home:

mom cell:

dad cell:

phone # of location:

instructions

feeding

bottle only bottle & rice cereal bottle & solid foods

Feeding times:

on demand every 2 hours every 4 hours
 other:

Bottle feedings:

mix formula use expressed milk both

Expressed milk/formula location:

How much to feed in a sitting:

2 oz. 4 oz. 6 oz. 8 oz.

Special instructions:

peeing & pooping

Diaper location:

Use:

cotton pad & water wipes
 baby powder ointment other:

Special instructions:

sleeping

Time(s) to put baby down at:

Special instructions:

playtime

Yes No

Favorite toy:

Favorite activity:

Baby likes it when you:

bath

Yes No

Location of soap/shampoo:

Location of towel/wash cloth:

Temperature of water:

Usual duration:

Allowed toys:

Special instructions:

diaper bag checklist *(if allowed to take baby outside)*

change of diapers wipes change of clothes
 sweater hat bottle receiving blanket
 other:

in case of emergency

Call:

Location of Life.doc:

Doctor:

Hospital:

Our home address:

Our home phone:

tracking

please keep track of when baby eats, pees, & poops

time	what you fed	amount fed	pee'd	poop'd
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>