



My Caregivers guide

Leaving your baby with a Caregiver is both a relief and cause for stress. Don't worry, the right preparation will ensure things go as smoothly as possible. First and foremost, make sure your caregiver has all the important information she needs.

Use our handy Caregivers Guide to save all of your baby's feeding, schedule and health information as well as your contact information.

Baby's sleep patterns (fill in below):

Wake-up time:	Typical napping schedule:		
	from:	from:	from:
	to:	to:	to:
nap time:			
from:	Special sleeping instructions		
to:			

Milk feeding schedule

Time of last Milkfeed	Typical feeding schedule:		Special feeding instructions:
	time:	milliliters:	
	time:	milliliters:	
	time:	milliliters:	
milliliters:	time:	milliliters:	
	time:	milliliters:	
	time:	milliliters:	

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Foods:

Breakfast time:	Lunch time:	Snack time:	Dinner time:
Breakfast foods include:	Lunch foods include:	Snack foods include:	Dinner foods include:
Special feeding instructions:			

Playtime:

Favourite activities are:	Playgroup schedule:
	with:
Favourite toys are:	at:
Favourite videos are:	with:
Favourite songs are:	at:

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Nappy changes:

Time of last nappy change:	Typical nappy schedule:			Special nappy changing instructions
	time:	wet:	dirty:	
wet:	time:	wet:	dirty:	
dirty:	time:	wet:	dirty:	
	time:	wet:	dirty:	
	time:	wet:	dirty:	
	time:	wet:	dirty:	

Bathing:

Special bathing instructions:

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Medicines:

Medicine 1:	Medicine 2:
Dosage instructions:	Dosage instructions:

Important numbers:

My cell:	I'll be at:	phone:
Paediatrician:		
	phone:	cell:
Neighbour:		
	phone:	cell:
Relative:		
	phone:	cell:
Other:		
	phone:	cell:

