

Baby Sitter Information

When a baby sitter cares for your children in your home, he or she should be provided with basic emergency information as well as information about your child:

- **Where you are going**
- **What time to expect you back**
- **How to reach you by phone**

Post the numbers for Poison Control (1-800-222-1222), 911 for Police, Fire or Rescue Squad, both parents' contact numbers, your pediatrician's office, and a nearby friend or relative.

Post emergency instructions. Go over this list with your sitter before you leave.

If a child is to be given medication, go over the name, amount and time to be given. Tell the sitter where other medications and cleaning supplies are kept so that he or she can keep your child away from these things. Point out the location of smoke alarms, fire exits and children's bedrooms.

ALEXANDRIA

6303 Little River Tpk., #300
Alexandria, VA 22312
(703) 914-8989
Fax (703) 914-5494

FAIRFAX

10615 Braddock Road, #200
Fairfax, VA 22032
(703) 691-4700
Fax (703) 691-4791

WEB

www.cmanva.com

