



CHILDREN'S HOSPITAL  
& RESEARCH CENTER OAKLAND

WALNUT  
CREEK  
CAMPUS

2401 Shadelands Dr. Walnut Creek, CA 94598  
925-979-3434 • www.childrenshospitaloakland.org

Contra Costa  
County's only  
pediatric  
outpatient  
medical center  
just for kids.

**SERVICES OFFERED:**

- Diagnostic Imaging
- Hearing & Speech Center
- Motion Analysis & Sports Performance Lab
- Orthopaedics
- Outpatient Surgery
- Specialty Care Clinics
- Sports Medicine Center for Young Athletes

# BABYSITTER GUIDE

OUR ADDRESS IS \_\_\_\_\_

CROSS STREET IS \_\_\_\_\_

**IMPORTANT PHONE NUMBERS**

Parent 1 Name \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_

Parent 1 Name Phone (\_\_\_\_\_) \_\_\_\_\_

Emergency Contact Phone (\_\_\_\_\_) \_\_\_\_\_

Parent 2 Name \_\_\_\_\_

Neighbor's name \_\_\_\_\_

Parent 2 Name Phone (\_\_\_\_\_) \_\_\_\_\_

Neighbor's phone \_\_\_\_\_

Pediatrician \_\_\_\_\_

Fire \_\_\_\_\_

Pediatrician's Phone (\_\_\_\_\_) \_\_\_\_\_

Police \_\_\_\_\_

Pharmacy Phone (\_\_\_\_\_) \_\_\_\_\_

**National Poison Control Center: 800-222-1222**

Medical alert warnings \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Acceptable snacks \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Bedtime rituals \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Other notes \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CHILD'S NAME	AGE	BEDTIME	ALLERGIES	MEDICATION INSTRUCTIONS