

Baby Sitter Information



Where to reach us _____

- Place:
-
- Phone number:
- Parents' mobile phone numbers:
- Pager number for:
- If you can't reach us, call:
-

What to look out for _____

- Signs of a seizure:
-
-
- When to seek help:
-
-

What to do until help arrives _____

- **Speak calmly** to reassure the child
- Do not put anything in the child's mouth
- Remove any objects that could be dangerous
 - Roll child on their side (recovery position)
 - A single seizure is usually not dangerous!
It will normally cease of its own accord
 - If it lasts more than 5 minutes, call a doctor



■ Other important information:

.....

.....

Child's medication _____

■ Medication:

■ When to take it:

■ Dose:



Child's activities _____

■ Favorite activities:

■ Inappropriate activities:

.....

■ Triggers of seizures - what to avoid:

.....

In case of a medical emergency _____

■ Doctor's name:

■ Doctor's phone number:

■ Hospital information:

.....

■ Name of child's condition:

.....

Insurance information _____

.....

