

# House Rules & Handoff

Five minutes at the door saves the whole evening. Fill it in once, keep it on the fridge, update it when things change.

The Babysitting  
Blueprint  
[babysittingblueprint.com](http://babysittingblueprint.com)

## THE CHILDREN

| NAME | AGE | BEDTIME AND THE ROUTINE THAT WORKS | WHAT UPSETS THEM / WHAT HELPS |
|------|-----|------------------------------------|-------------------------------|
|      |     |                                    |                               |
|      |     |                                    |                               |
|      |     |                                    |                               |

## TONIGHT

|                                          |                      |                             |
|------------------------------------------|----------------------|-----------------------------|
| DINNER — WHAT AND WHEN                   | SNACKS ALLOWED       | OFF LIMITS IN THE KITCHEN   |
|                                          |                      |                             |
| SCREEN TIME — HOW MUCH, WHAT, UNTIL WHEN | OUTSIDE / YARD RULES | ANSWER THE DOOR? THE PHONE? |
|                                          |                      |                             |

## THE HOUSE

|                            |                                       |
|----------------------------|---------------------------------------|
| WI-FI NETWORK AND PASSWORD | THERMOSTAT / LIGHTS THE KIDS NEED     |
|                            |                                       |
| HOW THE FRONT DOOR LOCKS   | PETS — NAMES, FEEDING, DO THEY GO OUT |
|                            |                                       |
| ALARM CODE / HOW TO DISARM | ROOMS THAT ARE OFF LIMITS             |
|                            |                                       |
| WHERE THE FIRST-AID KIT IS | ANYONE WHO MIGHT COME BY TONIGHT      |
|                            |                                       |

## THE MONEY — AGREED BEFORE THE PARENTS LEAVE

| RATE PER HOUR                                                                                               | START TIME | EXPECTED END TIME | RATE AFTER THE EXPECTED END TIME | PAID BY |
|-------------------------------------------------------------------------------------------------------------|------------|-------------------|----------------------------------|---------|
|                                                                                                             |            |                   |                                  |         |
| Settling the overtime rate at the door, warmly, in one sentence, means it never has to come up at midnight. |            |                   |                                  |         |

## WHAT THE SITTER REPORTS BACK

|                                                                             |           |                       |
|-----------------------------------------------------------------------------|-----------|-----------------------|
| WHAT THEY ATE, AND WHEN                                                     | ASLEEP AT | ANYONE WAKE UP? WHEN? |
|                                                                             |           |                       |
| ANYTHING TO FLAG — A BUMP, AN UPSET, A RULE YOU BENT, A QUESTION THEY ASKED |           |                       |
|                                                                             |           |                       |
| ONE GOOD THING THAT HAPPENED                                                |           |                       |
|                                                                             |           |                       |