

If Someone Else Ever Cares for My Child

A fill-in sheet for grandparents, sitters, respite workers — anyone who might step in for an evening or an emergency. You carry all of this in your head; this sheet puts it on paper. Fill it in, keep it somewhere easy to find, and update it when things change.

Child's name: _____

Date of birth: _____

■ How my child communicates

Not everyone speaks in words. Write down how a caregiver will actually know.

"Yes" looks like: _____

"No" looks like: _____

"I need help" looks like: _____

"I'm done / I need a break" looks like: _____

"Something hurts" looks like: _____

How to talk so my child understands best: _____

■ What calms my child

In roughly the order to try them.

1. _____

2. _____

3. _____

■ Sensory triggers to avoid

■ What my child loves

Special interests, favorite shows, songs, games, toys — the fastest way to connect.

■ Food

Favorite / reliable foods: _____

Won't eat: _____

How they eat best (cut up, separate plate, the specific cup...): _____

■ Allergies & medications

Allergies — never give: _____

Medication	Dose	When	Notes

■ Key contacts

Name	Relationship / role	Phone

■ Safety notes

Write what a caregiver must know to keep your child safe. These are blank on purpose — every child is different, and you are the expert on yours.

Around doors, gates, and leaving the house: _____

Around water (bath, pool, pond): _____

Around streets and parking lots: _____

Anything else to watch for: _____