

IN CASE OF EMERGENCY

MOMMY'S NAME

CELL

WORK

DADDY'S NAME

CELL

WORK

EMERGENCY CONTACT

RELATIONSHIP

PHONE

EMERGENCY CONTACT

RELATIONSHIP

PHONE

OUR HOME ADDRESS

CROSS STREETS

NEAREST HOSPITAL + ADDRESS

CITY EMERGENCY DISPATCH

CITY NON-EMERGENCY LINE



IN CASE OF EMERGENCY

POISON CONTROL LINE

FIRST AID KIT LOCATION

EMERGENCY SUPPLY LOCATION

WHERE TO MEET IN AN EMERGENCY
LOCATION 1

WHERE TO MEET IN AN EMERGENCY
LOCATION 2

LOCAL EVACUATION CENTER

URGENT CARE

NOTES



KIDS' MEDICAL CONTACTS

PRIMARY CARE PHYSICIAN

PHONE

ADDRESS

DENTIST

PHONE

ADDRESS

OPTOMETRIST

PHONE

ADDRESS

PHYSICIAN

PHONE

ADDRESS



MEDICAL RECORDS

CHILD

DOB

ALLERGIES

MEDICATIONS

DOSAGE

MEDICATIONS	DOSAGE
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HISTORY

DAILY ROUTINE

CHILD

MORNING

AFTERNOON

NOTES



SLEEP ROUTINE

WAKE

ROUTINE

NAP

ROUTINE

BED

ROUTINE



MEALTIME ROUTINE

BREAKFAST

ROUTINE + RULES

LUNCH

ROUTINE + RULES

DINNER

ROUTINE + RULES



FAMILY ROUTINES + RULES

SCREEN TIME

CLEAN UP