



The babysitter and the parents must both take responsibility for making the babysitting a success. The babysitters must ensure that this checklist is filled. If parents are not willing to do this, the babysitter reserves the right to refuse service. To make everyone feel secure on and for the safety and welfare of all concerned, it is important to take your time in filling in this form.

1. The babysitter must know where to find various items of necessary equipment

EQUIPMENT	WERE	NOTES
Children's clothes/pacifier		
Diapers etc		
Food; what, and when		
First Aid Kit		
Fire extinguisher		
Fuses / flashlight		
Phone		
Alarm		

2. All important phone numbers

WHO	NAME AND INFO	PHONE NUMBER
The home where the babysitter is		
Mother's phone number		
Father's phone number		
Where are the parents going		
Other contact persons		
Fire - Police - Medical		110 - 112 - 113
Stavanger Barnevaktbyrå	Manager, Inger Lise Strand	975 13 287

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 Org. number: 993 152 447

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Phone number: 51650755



3. You should discuss expectations with each other and what is, or is not, to be permitted. The babysitter normally will not do any housekeeping, but will, of course, tidy up after themselves and the children.

THEME	EXPLANATION
Where the children may be taken out	
May the babysitter help themselves to food and drinks, or must they supply their own?	
Use of phone / computers in the house. What are the rules?	
Should the babysitter open the door, or pick up the phone?	
Who can visit while the parents are out	
Do the parents live together	
Custody (parental rights)	
Other people the child can be handed over to, in the event that the parent does not	

4. Potential risks the babysitter should be aware of (take a tour of the house)

WHERE	WHAT

5. General routines and habits of the children

Important routines such as food, sleeping, pacifier, etc.	
Are the children afraid of anything, or is there something that the children are not allowed to do?	
What helps to soothe the children when they are upset, or crying?	

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6. If the parents are very late coming home, how will the babysitter be able to return home safely (bus/train/car)? Make sure to let the babysitter know if there is an unexpected delay.

The babysitter walks/cycles/drives	
The parents drive the babysitter home	
The parents pays taxi fare for the babysitter	
The babysitter can sleep over	
Public communication	

7. All aspects to salary/payment is the babysitters responsibility, but the Agency assists with correct routines and informations regarding this. Recommended rate is 115,- / hour, and it should be payed for a minimum of 3 hours, each time. A one hour get-to-know-each-other meeting, costs 100,- NOK.

WHAT	AGREED WITH THE BABYSITTER
Time for meeting	
Agreed upon number of hours for babysitting	
Minimum payment for the babysittig	
Agreed upon payment for any extra hours	
When the babysitter gets payed	
Minimum payment if the session is cancelled	3 hours payment; 345,-
Will the parents pay travel expences? If so, how much?	

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8. If the children needs medication, the babysitters needs to have proper guidance and written instructions

INFORMATION ABOUT ILLNESS	YES / NO	EXPLANATION AND GUIDANCE
Do the children have any allergies?		
Other illness, or conditions?		
Do the children need medication?		
Is the babysitter permitted to give medication?		
If yes, what is to be given, how often is it to be given, and how should it be administered?		
What is the correct dosage?		

Place and date:

Signature/s of

parent/s: _____

Signature of

babysitter: _____

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