

## *House Rules & Information*

My Cell Phone: \_\_\_\_\_

Alternative Cell Phone: \_\_\_\_\_

House Address: \_\_\_\_\_

Child #1 Birthdate: \_\_\_\_\_

Child #2 Birthdate: \_\_\_\_\_

Emergency contact: \_\_\_\_ (name) \_\_\_\_ (relationship) \_\_\_\_ (phone number) \_\_\_\_

Poison Control Phone Number: \_\_\_\_\_

Doctor/Pediatrician Phone Number: \_\_\_\_\_

### House Rules

1. Encourage use of manners (please, thank you, excuse me, kind words and inside voices).
2. Clean up each activity or toy before you move on to another one or another room (with the help of the kids).
3. Dishes/stuff from snacks and meals should get cleaned up (garbage, sink, dishwasher, fridge). Please do not leave a mess on the counter or table.
4. Snacks & meals must be eaten in the kitchen or outside (not in family room or upstairs).
5. Milk or water for the kids to drink – they can always choose unless I have specified.
6. No TV for the girls unless I have given directions otherwise. (Music is ok).
7. Playing in our yard (front or back) is always okay. Please stay in the driveway or yard unless we have already talked about going somewhere else (or just text me and ask).
8. 1 warning for bad behavior and then apply a consequence –
  - a. Take the toy away that is causing the problem
  - b. Separate the kids for separate play time if needed
  - c. Oldest child gets 3 minutes time out on stairs
9. Wash hands before meals, after using the bathroom and after coming in from playing outside
10. No shoes on in the house.
11. Books/songs/telling stories before bed is fine. But lights should be out no later than 7:15pm.

### Sitter Rules

1. Eat whatever you want; please clean up after yourself.
2. You can use the TV if the kids are sleeping.
3. Wifi password is: \_\_\_\_\_
4. Please limit personal or social calls/texting when the kids are awake, but keep your phone on you in case I need to get in touch or check-in.
5. Do not hesitate to call or text my husband or me for any reason.
6. In an emergency, please choose carefully and use your best judgment in terms of who you need to call first (it may not be me):
  - a. Me?, Police?, Fire?, Poison control? Your own mom?
7. You can go to sleep on the couch if you want to once the girls are in bed. Feel free to go on the computer, watch TV, talk on the phone, read or do homework.