

My Name _____

Thank you for taking care of me! Here are some important things you should know about me:



My parent(s) or caregivers are:

(PARENT/CAREGIVER'S FULL NAME)

(PARENT/CAREGIVER'S FULL NAME)

In an emergency, call:

(EMERGENCY CONTACT NAME)

(RELATIONSHIP) (PHONE NUMBER)

(EMERGENCY CONTACT NAME)

(RELATIONSHIP) (PHONE NUMBER)

My doctor is:

(DOCTOR'S NAME)

(PHONE NUMBER)

I'm allergic to:

Medicines I take:

(MEDICATION NAME)

(WHEN I TAKE IT)

(HOW TO GIVE IT)

(DOSAGE)

When I sleep:

MY NAP TIME(S)

MY BEDTIME

I can be picked up to go home by:

CAREGIVER NAME

CAREGIVER NAME

Other things you should know about me...

(In this space, feel free to list any information that will be helpful to know when taking care of your child—e.g., bathroom habits (diaper/potty-trained), favorite foods, things they're afraid of, how you normally manage behavior/tantrums, etc.)