



# Our Family

HELPFUL AND IMPORTANT THINGS TO KNOW

# Our Family's

## INFORMATION

Parents Names and cell phone numbers:

Neighbor Names and numbers:

Emergency Contact:

Pediatrician Name and Number:

Fire/Rescue/Police:

Poison Control Help Line: 1-800-222-1222

Home phone:

Home address:

# About Our Child:

Name:

Birthday:

Medical problems:

Allergies:

Medications:

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Likes/Dislikes:

Bedtime routine:

Behavior concerns:

Discipline:

# Helpful for you to know:

Where we will be:

What time we will be home:

Meals/Snacks:

TV/Screen time rules:

Family rules:

Emergency kit is located:

First Aid kit is located: