

emergency contacts

You are exhausted, and you just want to make everything easy for yourself, so compile a list of contacts, to have at your fingertips—just in case. This also makes it simple to pass on all the important info to the sitter when you go out for your first dinner sans baby, or you go back to work.

Child's full name:

Child's date of birth:

Any allergies, medications, or special conditions:

Mom's full name:

Mom's work phone:

Mom's cell phone:

Dad's full name:

Dad's work phone:

Dad's cell phone:

Home address:

Closest major intersection:

Poison control: (800) 222-1222

Police department (nonemergency):

Fire department (nonemergency):

Child's doctor:

Child's dentist:

Hospital address and directions:

Insurance information:

Emergency contact 1:

Emergency contact 2:

Closest neighbor:

**Other local/appropriate
emergency numbers:**
