

ITINERARY WHILE PARENTS ARE AWAY

Our travel info.:

List travel specifics – flight numbers, times, etc.

Lodging info.:

Name

Address

Phone

Emergency #'s:

Pediatrician –

Dentist –

Orthodontist –

School – (Also list teachers and classroom numbers)

Neighbors:

Babysitters:

APPOINTMENTS WE HAVE WHILE AWAY:

HOME ITINERARY:

List as many specifics as you wish. This will depend on the age of your children and your caregiver's familiarity with their daily routine. Be sure to leave a "nighttime survival guide" so your caregiver can use as much advance preparation as possible. Here are some samples of helpful evening activities:

- Make school lunches
 - Homework
 - Lay out clothes for a.m.
 - Make sure backpacks are loaded with homework folders & ready to go
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School lunch ideas:

Dinner ideas:

- Load freezer in advance with easy meals.
- List easy "outings"

Safety/Other Reminders:

- Outdoor safety
- Helmets mandatory with bikes/scooters.
- Bedtime rituals/routines