

## Babysitting: Boy (4 ½ years old) and Girl (2 years old)

**Daily Routine** (The “flow” is more important than keeping on the clock; can give or take a half hour)  
Both drink pH 8.5 water in sippy or cup. Have available for them on counter.

- Wake-up between 6-8am
  - Change diaper for girl & clothes, offer water
  - 8:30-9am – Breakfast
  - Play
  - 10:30-11am – Snack, if needed
  - Play
  - Noon-1pm – Lunch
  - 1-2pm – no TV, put toys away, read books, change girl / boy potty just before nap
- Nap for girl: in bed between 1-2pm, for 1½-2 hours, *will wake on own* (let sleep up to 3 hrs.)
  - Upon waking give Sippy (water)
    - Both kids like to cuddle, watch cartoons & have fruit snacks
- No nap for boy: often he does not nap... that’s okay.
  - He can watch a movie, play legos, do puzzles, play outside, NO iPad please!
  - 3-4pm – Snack, if needed
  - Play
  - 5-6pm – Dinner: eat at kitchen table, or kid table
  - 7-8pm – Wind-down time (no TV, no iPad, very little water)
    - BOTH: put toys away, put PJ’s on, brush teeth, read 2-5 books
    - boy: go pee & “see if anything comes out” if he is resistant to using the potty.
    - girl: wait until *right before you put her down* to put night-time diaper on.
- Sleep: in bed 8pm
  - Both are used to sleeping in dark.
  - boy - close blinds, leave door ajar, can sleep with up to 2 toys, may like nightlight on.
    - Boy knows to only get out of bed to go potty. If he repeatedly gets out of his room, keep walking him back into his room until he gets the picture. Be consistent 😊
    - Boy is at an age where “night terrors” are common. He may cry or talk in sleep. Check, or can ignore and allow him to self-soothe. If this persists longer than 15 min, go in and check, talk to him as if he’s awake reassuring him he is safe, you are here and it’s time to sleep... all he has to do is sleep. Feel free to hug/hold him for a minute or two, that’s worked really well for us, he calms down quickly with that.
  - girl – close blinds, 2 binkies (something to hold), sleeps on back, feet facing door, cover her with blanket – even though she will likely throw it off, close door completely.
    - girl likes to talk/sing/read to herself before falling asleep in bed. If she’s crying and it persists longer than 5- 7 minutes, go in and she may have lost a binky, comfort.
    - If she repeatedly gets out of his room, keep walking her back into her bed until she gets the picture. Be consistent 😊

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### Play Time

- boy - Trains, Puzzles, Cars, Duplos/Legos; reading, play outside with chalk, bubbles, playing catch with football, kicking soccer ball into goal, or walk; drawing (a line v. squiggly line; drawing a cross); markers; coloring; Play-Doh
- girl – dolls, blocks, books, stacking blocks, balls, associate words with objects, sing songs, Peek-a-Boo, coloring
- BOTH - ALWAYS: *Put Toys Away When Done*

### Developing Skills To Work On

#### BOY

- Writing ABC's, and numbers up to 10
- Cuts on a line
- Ride a bike/tricycle or big wheel
- Takes turns & shares & is kind
- Describe how two objects are used
- Running: starts, stops, & turns
- Throw, catch & bounce a ball
- Understand time better (morning, afternoon & evening)
- Hops on one foot, skips & gallops
- Follows a 3 part command
- Draws person
- Somersault
- Recognize patterns

#### GIRL

- Associating words with objects
- Match & sort: blocks, colors, shapes, etc.
- Stacking blocks
- 2-4 word sentences, repeats words heard
- Running, climbing, jumping, kicks a ball
- Draw a circle
- Puzzles, reading, turning pages
- Rides a tricycle
- Jump
- Pedal a tricycle
- Scribbles
- Recognize names of objects/people

### What To Do When Kids Are Sleeping

Please leave our house in the condition as you arrived or in better order...

- Put any toys or books away that were left out
- Wash dishes (and Sippy's if at night)
- Put away dishes if clean from dishwasher or counter rack
- Spray/Wipe Down:
  - High Chair – Multi-Purpose Cleaner (MPC)
  - Counter Tops – MPC
  - Stovetop - MPC
  - Kitchen Table – 11.5 Cleaner (11.5c)
  - Butcher Block Counter (where microwave is) – 11.5c

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THANK YOU so much for caring for our family and our home ☺

To Turn on/off TV Upstairs: Cable + Power, TV + Power

To Turn on DVD player upstairs: TV + Power

get the black thin remote *Insignia*, press Input and scroll to DVD, press OK, press the eject button to see if there is a DVD already in the TV, insert the DVD you'd like ☺

To Turn off DVD to go back to the TV/Cable: use the Insignia remote, press Input and scroll to HDM1, then press Cable, then Power to turn on the cable if it is off.

To Turn on/off TV Downstairs: Cable + Power, TV + Power

**EMERGENCY CONTACT LIST: located in the far left upper cupboard above the paper towel rack.**