Important Notes

Where We Will Be:

Mom's Cell:

Dad's Cell:

Doctor's Number:

Neighbor's Number:

Allergies:

Medication & Dosages:

Instructions:

Meals & Snacks

Breakfast:

Lunch:

Dinner:

Snacks:

Routine & Activities

Morning:

Afternoon:

Evening:

Bedtime:

In case of Emergency

Our Address:

Fire:

Police:

Poison Control:

**Or Call 911*

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