

Baby Medical Record

Quick-reference info for caregivers and babysitters

Keep a copy on the fridge and one in your diaper bag, it's the kind of information that's easy to forget in the moment when a babysitter or grandparent needs it.

Basics

Field	Details
Baby's Full Name	
Date of Birth	
Pediatrician's Name & Phone	
Preferred Hospital or ER	
Insurance Provider & ID Number	

Allergies & Medications

Allergy or Medication	Notes

Emergency Contacts

Name	Relationship	Phone

Worth remembering. Keep this updated as things change, an outdated allergy list or phone number is easy to overlook until it matters.