

## What's allowed, what's not, all in one spot ...

Do the kids have allergies? Are there any bed time rituals? Any family rules we need to know about? Let babysitters and extended family in on the family rules.

allergies:

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favourite games:

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favourite meals:

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favourite books:

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favourite snacks:

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favourite soothie/stuffie/blankie:

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rules for inside play:

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bath time rituals:

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rules for outside play:

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bedtime rituals:

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tv restrictions:

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sleep, light on or off?

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computer restrictions:

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sleep, door open or shut?

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favourite dvd/cd's:

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other good stuff to know:

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