

DISASTER PROOF SURVIVAL GUIDE

for when mom's away at sea

BLOGGER BASH

if you need me

Hotel:

Hotel Phone:

Event Location:

CONTACTS

if you need help

Contact 1:

Phone:

Relation:

Contact 2:

Phone:

Relation:

Contact 3:

Phone:

Relation:

CHILD'S NAME

medication & time

allergies

activities & times

likes to

rules

favorite foods

meal times

nap times

bed times

bed time rituals

NOTES

SUGGESTED ACTIVITIES

DISCIPLINARY ACTIONS