



Emergency Phone Numbers

POLICE DEPARTMENT: 911 FIRE DEPARTMENT: 911 UA POLICE: 205-348-5454

POISON CONTROL CENTER: 1-800-222-1222

DAYCARE OR SCHOOL(S) PHONE NUMBER _____

PEDIATRICIAN NAME AND PHONE NUMBER _____

OPTOMETRIST'S NAME AND PHONE NUMBER _____

DENTIST NAME AND PHONE NUMBER _____

Regular Routines

BATHROOM AND/OR DIAPER ROUTINES _____

BEDTIME ROUTINES _____

SNACKS AND BEVERAGES _____

MEALS AVAILABLE _____

TIPS ON A PICKY EATER _____

ACCEPTABLE DISCIPLINE MEASURES _____

TIPS TO EASE FRUSTRATION OR TEARS _____

