

Jaiden Rottgen's

# Babysitter Information

April 20-23 2012



Teneil and Jeremy  
4/17/2012

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*Where we will be: Royal Caribbean - Monarch of the Seas*

*Phone number to reach me: 1-888 724-SHIP (7447)*

## If You Cannot Reach Me

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Contact name: Connie Rottgen

Contact phone numbers:

- Home: 407-737-8699
- Cell: 407-421-7210

## Home Information

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Family Name: Rottgen

Phone: Teneil- 407-430-6239; Jeremy- 407927-3223

Address: 123 Magnolia Park Trail, Sanford, FL 32773

## ABOUT THE CHILD

Name: Jaiden Matthew Rottgen

Date of Birth: 12/30/09

Age: 2

Other Information (allergies, medications, etc.): No Known Allergies

## Pediatrician

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Name: Dr. Harris- Altamonte Pediatric Assoc.

Phone: 407- 831-6200

Address: 101 N Country Club Rd # 113 Lake Mary, FL 32746

## Directions

1. Head northeast on Magnolia Park Trail toward South Mellonville Ave.
2. Turn left onto S Mellonville Ave.
3. Turn left onto E Lake Mary Blvd.
4. Turn right onto N Country Club Rd.

Destination will be on the right

## After Hours Pediatrician:

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Name: Night Lite Pediatric

Phone: 407-585-0568

Address: 3801 W Lake Mary Blvd # 121, Lake Mary, FL 32746

Directions:

1. Head northeast on Magnolia Park Trail toward S Mellonville Ave.
2. Turn left onto S Mellonville Ave.
3. Turn left onto E Lake Mary Blvd.
4. Make a U-turn at Greenwood Blvd/Rinehart Rd.

Destination will be on the right.

## Closest Hospital

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Name: Central Florida Regional Medical Center

Phone: 407-321-4500

Address: 1401 West Seminole Boulevard, Sanford, FL 32771

Directions:

1. Head northeast on Magnolia Park Trail toward S Mellonville Ave.
2. Turn left onto S Mellonville Ave.
3. Turn left onto E Lake Mary Blvd.
4. Take the 1st right onto N Ronald Reagan Blvd.
5. Continue onto S Sanford Ave.
6. Turn left onto E 25th St.
7. Turn right onto S French Ave.
8. Turn left onto W 1st St.
9. Turn right onto N Mangoustine Ave.
10. Take the 1st left onto Medical Plaza Dr.

Destination will be on the right

## Insurance Information

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Provider: Cigna

Name of Insured: Jaiden Rottgen

Group number: 3213484

Policy number: U28584642 03

# Emergency Treatment Release

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Child's Name: Jaiden Rottgen

Date of Birth: 12/30/09

I, Teneil Rottgen, hereby authorize any licensed physician, dentist, or hospital to give necessary emergency medical services to my child, Jaiden Rottgen, at the request of the person bearing this consent form.

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Signature of Parent or Legal Guardian Date(s) of Release

# Directions:

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## Directions to Mall

1. Head northeast on Magnolia Park Trail toward South Mellonville Ave.
2. Turn left onto S Mellonville Ave.
3. Turn left onto E Lake Mary Blvd.
4. Turn right onto the FL-417 N ramp to I-4.
5. Merge onto Florida 417 Toll N.
6. Take exit 54 for Rinehart Rd.
7. Slight right onto WP Ball Blvd.
8. Continue onto S Mall Entrance Rd.
9. Turn left onto Towne Center Cir.

## Directions from Mall

1. Head southwest on Towne Center Cir toward S Mall Entrance Rd.
  2. Take the 1st right onto S Mall Entrance Rd.
  3. Take the 1st right onto Towne Center Blvd.
  4. Turn left onto Rinehart Rd.
  5. Turn right onto the FL-417 S ramp to Orlando.
  6. Merge onto Florida 417 Toll S.
  7. Take exit 49 for Lake Mary Blvd.
  8. Keep left at the fork, follow signs for Airport.
  9. Turn left onto E Lake Mary Blvd.
  10. Turn right onto S Mellonville Ave.
  11. Turn right onto Magnolia Park Trail.
  12. Keep left at the fork.
- Destination will be on the left

## Directions to Flea World

1. Head northeast on Magnolia Park Trail toward S Mellonville Ave.
  2. Turn left onto S Mellonville Ave.
  3. Turn left onto E Lake Mary Blvd.
  4. Turn left onto N Ronald Reagan Blvd.
  5. Turn right onto County Home Rd.
  6. Take the 1st right onto S Orlando Dr.
- Destination will be on the right

## Directions to Daycare

1. Head northeast on Magnolia Park Trail toward S Mellonville Ave .
  2. Turn left onto S Mellonville Ave.
  3. Turn left onto E Lake Mary Blvd.
  4. Take the 1st right onto N Ronald Reagan Blvd.
  5. Continue onto S Sanford Ave.
  6. Turn left onto E Airport Blvd.
  7. Take the 2nd right onto S Park Ave.
- Destination will be on the left

## Directions from Daycare

1. Head north on S Park Ave toward E 27th St.
  2. Turn right onto E 27th St.
  3. Turn right onto S Sanford Ave.
  4. Turn left onto E Lake Mary Blvd.
  5. Continue to follow E Lake Mary Blvd.
  6. Take the 2nd right onto S Mellonville Ave.
  7. Turn right onto Magnolia Park Trail.
  8. Keep left at the fork.
- Destination will be on the left

# Foods for Jaiden

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He will pretty much eat anything.

## Suggestions in the Pantry

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- Cereal
- Oatmeal
- Fruit Cups
- Easy Mac (Macaroni and Cheese)
- Chef Boyardee
- Peanut butter sandwich
- Chex mix
- Teddy Grahams
- Graham Crackers

## Suggestions in the freezer

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- Chicken nuggets

If you are out, he can eat a kid's meal.

He usually rotates between drinking milk and juice.

When we make him a cup of juice it is usually  $\frac{1}{4}$  juice and  $\frac{3}{4}$  water.

**IMPORTANT** After 7 p.m., no liquid until bedtime.

# Bedtime Routine

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- **7:30 PM** – Bathtime
- **8:00 PM** – Jammies w/ overnight diaper and bed with a cup of milk. Make sure Sophie (giraffe) is turned on. Press the second button from the bottom, if no sound starts turn the knob on the bottom to full volume. Make sure the TV is on channel 36 for cartoons. He should stay in bed, but if not just put him back. He may ask for another cup, if so he will probably want juice, I would try just  $\frac{1}{2}$  a cup.

# Nap Time

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Usually 30 minutes after lunch, sometime he will not go down until later. He also needs a drink and Sophie for nap time.



# Behavior Issues

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- If throwing a tantrum or being unruly at home threaten to send him to bed. If he continues put him in his bed for time out until he is calm. If he climbs out put him back until you see he is calm.
- Light spankings are ok, if necessary
- If throwing a tantrum or being unruly in public, try giving him a snack or drink.

# Taking him out

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You will need:

- Diapers
- Wipes
- Change of clothes
- Snack bag
- 2 cups: 1 milk and 1 juice
- Extra Juice and Water

# How to use the Stroller

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## To Open

1. Pull up on handle until it clicks.
2. Find Cord on back of seat.
3. Press RED button and push up. This set the back of the seat to upright position.
4. Open tray on one side by flipping the black piece attached to frame or just slide Jaiden over top of tray.
5. Strap Jaiden in.
6. Close tray if open.
7. Stroller brakes are RED on the back wheels.

## To Close

1. Take Jaiden Out.
2. Find cord on back of seat.
3. Press RED button and pull down.
4. Fully recline seat.
5. Slide RED button on handle to the left and squeeze RED part of handle.
6. Pull the handle toward you.
7. Stroller will lower.

# TV Watching

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Jaiden's Channels in the living room:

- 1106- Disney Jr.
- 134- Nick Jr.

## If he asks to watch ELMO

1. Use the remote and press the green **List** button
2. Use arrow button to scroll to Sesame Street
3. Press Select
4. Press Select again to Play

Channels you may want to watch: (Living Room/Office)

- NBC-1020/4
- CBS- 1060/5
- ABC-1090/7
- FOX-1035/3

# Appendix A: Feeding the Kitty

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Give the cat a half bowl of food in the morning.

Give her another half a bowl of food in the evening.

Make sure water bowl is full.