

Tips for Babysitters

Safety Tips: Be a Safe Babysitter!

Caring for young children is a big job. A Babysitter must be able to react quickly and correctly in case of an emergency.

IMPORTANT INFORMATION

A babysitter must be certain of important information before the parents leave. Remember to ask these questions:

- How many children will be watched?
- Where are the parents going and when will they return?
- Is there a phone number where parents, a relative, and/or a neighbor can be reached in case of an emergency?
- Do the children have special food or medicine needs?
- What time is bedtime?
- Where is a flashlight in case of a power failure?

PARENTS RESPONSIBILITIES

Have and post important information:

- Address
- Health insurance
- Emergency numbers (9-1-1, poison control)
- Child's information (name, date of birth, medical conditions, medications/dosage, allergies)
- Have your home address clearly visible from the street and posted near the phone.

POST THE HOME ESCAPE PLAN

The babysitter should know this safety information:

- If caring for infants or physically challenged children, consider how to get them out of the house in case of a fire.

- Be sure the home has a working smoke alarm.
- Know CPR, and attend a childcare program.
- If meals are to be cooked, remember kitchen safety rules.
- In there is an emergency, **call 9-1-1.**

THINGS TO REMEMBER

- If the home has a swimming pool, be sure all gates, access doors, doggy doors and windows are closed and locked.
- A baby sitter should NOT talk on the phone when taking care of children (unless there is an emergency).
- Don't open the door to strangers, even if they claim to be friends or neighbors of the family, unless parents gave prior authorization.
- Keep doors and windows locked.
- Never leave a child unattended when in a bathtub.
- Close and/or lock bathroom doors when not in use.

Remember, children need to be watched at all times!!