

BABYSITTING SAFETY

- Always provide babysitters and other child care providers with the following information:
 - ✓ Parents names and phone numbers where they can be reached
 - ✓ Neighbors names and phone numbers
 - ✓ Doctor's name and phone number
 - ✓ Fire/Ambulance phone number (911)
 - ✓ Police phone number (911)
 - ✓ Poison Helpline 1-800-222-1222
 - ✓ Home phone number
 - ✓ Home address
- Parents Should do the following:
 - ✓ Meet the sitter and check references and training in advance.
 - ✓ Be certain the sitter has had first aid training and knows CPR.
 - ✓ Be sure the sitter is at least 13 years old and mature enough to handle common emergencies.
 - ✓ Have the sitter spend time with you, meet the children and learn their routine before babysitting
 - ✓ Show the sitter around the house. Point out fire escape routes and potential problem areas.
Instruct the sitter to get the children and leave the house immediately in case of fire and to call the fire department from a neighbor's house.
 - ✓ Discuss feeding, bathing and sleeping arrangements for your children.
 - ✓ Tell your sitter of any allergies or specific needs your children have.
 - ✓ Have emergency supplies available including a flashlight, first aid chart, and first aid supplies.
 - ✓ Tell the sitter where you will be and when you will return. Have her or him write it down and keep it near the phone.
 - ✓ If there are guns in the house, be sure they are stored unloaded in a locked cabinet, and store and lock ammunition in a separate place. Hide the key.
- Sitters Should do the following:
 - ✓ Be prepared for an emergency.
 - ✓ Always phone for help if there are any problems or questions.
 - ✓ Never open the door to strangers.
 - ✓ Never leave the children alone in the house – even for a minute.
 - ✓ Never give the children any medicine or food unless instructed to do so by the parents.
 - ✓ Remember that your job is to care for the children. Tender loving care usually quiets an unhappy child.