Notes on Babysitting:

Top Ten List of What Parents Want in a Babysitter:
10. Friendliness
9. Common sense
8. Ability to be focused & calm on the job
7. Respect for parents’ privacy & possessions
6. Kindness & gentleness, but firmness when needed
5. Punctuality
4. Honesty
3. Sensitivity to your child’s needs
2. A genuine interest in their child
1. RESPONSIBILITY

Babysitter’s Circle:
1) Before they leave, ask the parents what time they will return home.
2) Write down the telephone number where you can call them if necessary.
3) Have a schedule of what time to feed the children and when they should go to bed.
4) Get a list of the police, fire department, and other emergency numbers (and remember 911).
5) Never let a stranger come into the house when you are babysitting.
6) If someone calls, write down their name and give it to the parents when they get home (also record their telephone number, message, and the time of their call).
7) How much the parents will pay you depends on the number of children and on your age and experience as a babysitter.
8) Show respect for the family’s private belongings when you are babysitting in their home.

Ideas of items to include in a babysitter bag:
A flashlight
Band aids/first aid supplies
A pad & pen/pencil (to write important information/schedule/telephone numbers)
Cell phone if you have one
Optional: children’s books, games, activities
Homework for you to do or book to read or snack for you to enjoy when kids are asleep
CHILD CARE CHECKLIST
(What you need to know before the parents leave...)

Family Information:
Parent(s) First Name(s):______________ Last Name:_______________
Children’s names (and **Medications** are):
_____________________ Age:_____ Meds/Instructions:_____________________
_____________________ Age:_____ Meds/Instructions:_____________________
_____________________ Age:_____ Meds/Instructions:_____________________
_____________________ Age:_____ Meds/Instructions:_____________________

SPECIAL INSTRUCTIONS: ____________________________________________

Phone numbers & Addresses:
Address/Telephone # of the house you are in:
House #:________ Street:_________________________ Town:________________
Telephone #:__________________________
Parent(s) will be at:______________________Tel. #:______________
_____________________________Tel. #:______________
Alternate contact (relative/neighbor):_____________________________________
Tel. #:__________________________

In case of an emergency, **CALL 911**
Poison Control: **1-800-222-1222**
Lifeline #: **275-5151**

Parent return time:________________________AM/PM

Phone answering preference: __ monitor answering machine
__ answer all incoming calls
Name:___________________________Tel. #:___________________________
Time of call:_____________________Message:__________________________

Home tour:
Location of first aid supplies:__________________________________________
Location of fire extinguisher:__________________________________________
Location of flashlight:_______________________________________________

Food:
Meals and snacks for kids?____________________________________________
Special instructions:___________________________________________________

Bedtime routines:
______________________________________________________________

Pets:
Name(s):__________________________________________________________
Special instructions:__________________________________________________

Television/Computer Rules:
Restrictions on television viewing:_____________________________________
Restrictions on computer/video game use:_______________________________

Other Instructions:___________________________________________________
Babysitting Stations Summaries:

**Before accepting a babysitting job, you will want to find out:**
How many children will you supervise?
What are their ages?
How did the family get your name?
When do they need you to babysit? (date, time)
How long will they be gone?
Should you meet the children before that date? (Pre-visit to get familiar with the children, house, neighborhood)
*They may ask you for references (adults who know you & can vouch for your character), your fee (find out what friends charge per hour; it may vary with more children & more responsibilities (feeding) & late nights)*
- Keep records so you remember what you charged/were paid.

**As a babysitter, parents may expect you to...**
Supervise
Play with children
Keep them safe
Fix meals
Put them to bed
Change diapers
Straighten up after children & yourself (toys, games, dishes); keep house organized
Read to children
Take phone messages (name of caller, phone #, short message, time of call)
If you need to cancel, give them time to find a replacement.

**In case of an emergency, a babysitter needs to...**
REMAIN CALM!
Have emergency numbers – parents, medical #s, neighbors
Account for children
Call for help
First aid care

**To be safe, a babysitter should...**
Have emergency information handy
Lock doors
Not open doors to strangers
Be cautious when answering the phone
Leave information with your parents/family about where you are babysitting (phone #, address, name of family you are babysitting for)

**What activities can you plan to do with the children in your care?**
Read books
Play games
Craft activities
(Babysitters may want to bring some activities with them.)
*All activities need to focus on the children and be age-appropriate.

What are some babysitting “no-no’s”?
Having friends over
Talking on the phone/on the computer/TV/ignoring the children
Not watching the children
Inappropriate activities/TV shows/music
Poking through the family’s personal effects
Leaving messes
Not telling parents what happened while they were gone (if something is broken, child bumped head, etc.).