

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.).