

Babysitter Basics

When it comes to the care of your children, you do not want to take anything for granted. It is important to screen your babysitters before hiring them, and review safety steps before leaving them in charge.

Questions to Ask Potential Babysitters

- › How long have you been babysitting?
- › Where do you live?
- › What do you charge?
- › Have you ever taken a babysitting, first aid or CPR course?

Once you have hired a babysitter, there are still things you should observe:

- › Are they on time?
- › Do they enjoy being with your children and do your children enjoy being with them?
- › Has the sitter obeyed your house rules?

Training the Sitter

Discuss with the sitter when and how to:

- › Change diapers/help with potty training
- › Feed and bathe your child
- › Administer children's medications
- › Put your child to bed

Creating a Fact Sheet

This can help a babysitter in an emergency. It should include:

1. Your house address and phone number
2. The location and phone number where you can be reached
3. Contact information of a nearby relative or neighbor
4. The name/phone number of your child's doctor and a nearby hospital
5. The poison control phone number
6. Medication names, doses and instructions

Before Leaving

In addition to informing the sitter of your estimated return time, go through these steps:

- › Lock all windows, doors and other entrances/exits
- › Test smoke, carbon monoxide and home security alarms
- › Notify the sitter of child's recent health or behavioral problems
- › Leave enough food, medications and clean clothes

Additional Information

This information is brought to you by ComPsych® GuidanceResources®. This company-sponsored benefit offers confidential help and support 24 hours a day, 7 days per week, at no cost to you or your immediate family. Our GuidanceConsultantsSM can assist you with your concerns at: **877-627-4239**

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