

Tips For Babysitters



Children need to be watched at all times!!!

What to Know

- CPR and First Aid in case of emergency
- Emergency numbers (9-1-1 or local fire/police department and poison control)
- Special instructions from parents before they leave
- Make sure doors and windows are locked at all times
- **NEVER** open doors for anyone that you do not recognize
- At night-time turn on all outside lights
- If you hear any strange noises outside, **DO NOT** go out and check them, call 9-1-1
- **NEVER** leave the children unattended (while at play or bath-time)
- **ALWAYS** know the where the children are at all times
- Keep the volume of the radio or television low enough to be able to hear the cries of the children
- Check up on the children about every 15 minutes once they are asleep

In case of a fire

- Shout out, "FIRE," as loud as possible
- If you have a fire extinguisher – remember PASS and use it!! (the instructions on the extinguisher will help you too)
- If it does not work try and close the door where the fire is to trap it
- Get everyone out of the home and **DO NOT** go back inside for any reason
- Keep everyone together and go to the neighbor's home
- CALL 9-1-1

Parents To-Do List

- Write down your address and telephone number for the babysitter
- Give them a list of all emergency numbers:
 - ⇒ 9-1-1 or local Fire Department and Police Department
 - ⇒ Poison Control
 - ⇒ Where you will be
 - ⇒ Who they can contact in case of emergency
- Write all important medical information about your child or children and make it accessible for the babysitter
- Make sure your address is CLEARLY visible from the street
- Give specific directions to babysitter as to meals to be cooked, bathing, or bedtimes

[Printable Parent Checklist](#)