

Safe Babysitting Tips

Caring for young children is a very serious job. Babysitters must be mature enough to react quickly and correctly in the event of an emergency. It is also essential that a sitter know first aid and CPR. This pamphlet is developed to help parents and sitters to plan ahead in preparing for any emergencies that may arise. As a parent, you must take time prior to leaving your child in anyone's care to go over posted information and emergency escape routes. As a sitter, you must make sure the parent has thoroughly gone over pertinent information and ask any questions if you do not understand something.

Important Information:

- How many children will be watched?
- Where are the parents going and when will they return?
- A phone number where parents, a relative and/or a neighbor can be reached in case of an emergency?
- Do the children have special food or medicine needs?
- What time is bedtime?
- Where is a flashlight in case of a power failure?
- What are the household rules?
- Is the sitter allowed to cook?
-

Important Information To Be Clearly Posted:

- You home address
- Health Insurance phone & plan account Number
- Emergency numbers
 - 911
 - Physician
 - Poison Control
- Children's Information
 - Name
 - Date of birth
 - Medical conditions
 - Medications and dosages
 - Allergies
- Home Escape Plan
- If caring for infants or physically challenged children, consider how to get them out of the house in case of fire

Things For Parents To Remember:

- Test all smoke detectors monthly to make sure they are properly working
- Have your home address clearly visible from the street & posted near the phone
- If the home has a swimming pool, be sure all gates, access doors, doggy doors and windows are closed and locked when leaving your children in a sitter's care

Things For Sitters To Remember:

- Don't open the door to strangers, even if they claim to be friends or neighbors of the family, unless parents gave prior authorization
- Keep doors and windows locked
- **NEVER** leave a child unattended when in a bathtub
- Close and lock bathroom doors when not in use
- A baby sitter should **NOT** talk on the phone when taking care of children unless there is an emergency
- If cooking, remember kitchen safety rules
- **NEVER** leave a child unattended in the kitchen when the stove or oven is in use
- In case of power failure, use a flashlight - never light candles
- Remember, children need to be watched at all times

Pamphlet courtesy of the Rolling Oaks Volunteer Fire Department
139 VZCR 3832 · Wills Point, TX 75169
903.560.1941