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The babysitters club parents guide

Finding a qualified babysitter takes time and effort. But your reward is to know that your child is in capable hands. You want to find someone who is mature and friendly, has common sense, and is genuinely fond of children. The recommendations of people you know and trust are your best bet to find a reliable and capable babysitter. If you are new to the area and do not know how to find a babysitter: Your neighbors or co-workers may have recommendations. Ask in your place of worship. See if staff at your pediatrician's office have suggestions. Check with your local YMCA, community hospital, or American Red Cross chapter for a list of babysitters. Many will have completed a babysitting safety and infant and child CPR courses. If your child is in a kindergarten or after school care program, ask the staff if they are babysitting or have recommendations. Interviewing sitters and checking their credentials will help you limit your choices. Prepare a list of questions to ask in advance. Ask babysitters: if their experience is taking care of children whether they are certified in infant and child CPR if they have taken a babysitting course how they feel about pets, if you have one it's a good idea to invite babysitters over for a test drive while you're at home. This way they can get acquainted with your household and you see how they interact with your children. Babysitter Instructions Before you go, prepare sit. Be sure to: Go over your child's usual routine (homework, bedtime, meals). Talk about your general house rules, including any limits on TV, computer use, video games, play outside, etc. Tell the babysitter where you will be and how to reach you at all times, and under what circumstances to call 911 before contacting you. Show it where you have placed the number for the Poison Information Centre – 1-800-222-1222. It should be somewhere easy to see and find. Make sure the babysitter knows who to contact in an emergency. Provide an emergency phone list that includes: neighbors friends relatives your doctor Text or write your own phone number and address. This way, in the case of an emergency, the babysitter can provide that information to the 911 operator. Show the babysitter where emergency exits, smoke detectors and fire extinguishers are. View sits how to activate and disable security systems and alarms, if you have them. Show the siter where you hold the door keys inside in case a child locks inside a room. Let the babysitter know about any special problems your child may have, such as: an allergy (to bee stings, a food, etc.) that needs to take a drug at a certain time (explain and write down the instructions) Review your first aid kit with the babysitter. Teach kids how to use 911 to call for help, so that if something happens to your babysitter, they know what to do. Let the babysitter know your expectations before you Go. If you prefer it it Do not leave the house with your child, make it clear. If the babysitter is driving, ask about their driving experience, and let them know the rules about driving your kids. If visitors are prohibited, discuss these restrictions. Sitting Safety Make sure the babysitter knows these safety rules: Do not give your child any medicine without your specific instruction. Do not leave the children alone in the house or yard, even for a minute. Do not leave children unattended near water. Infants and young children can drown in just a few inches of water, even in a bucket or toilet. If you have children under 4 years, the babysitter should know these rules: Do not feed them popcorn, nuts, hard candy, raw carrots, or any hard, smooth food that can block the trachea and cause suffocation. Do not serve foods like hot dogs or grapes whole. They should be chopped into very small pieces, and the skin removed from the hot dog. Don't let kids play with plastic bags, latex balloons, coins, or other small objects that they could choke on. Do not allow children to play near stairs, windows, stoves or power outlets. When you've come back, ask your kids if they enjoyed the babysitter's visit. When you find a reliable babysitter they like, you are sure to have a more relaxing and enjoyable time away from home. Review by: Kate M. Cronan, MD Date review: August 2019 Finding a qualified babysitter takes time and effort. But your reward is to know that your child is in capable hands. You want to find someone who is mature and friendly, has common sense, and is genuinely fond of children. The recommendations of people you know and trust are your best bet to find a reliable and capable babysitter. If you are new to the area and do not know how to find a babysitter: Your neighbors or co-workers may have recommendations. Ask in your place of worship. See if staff at your pediatrician's office have suggestions. 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