

# SAFETY CORNER: BABYSITTING

## **Tips for Safe & Successful Babysitting:**

- Ask parents to provide you with a list including: parent phone numbers, other emergency contact information, medical and insurance information, and written directions to the house including the address.
- Ask parents to show you around the house/property and let you know where key utility shutoffs are, and potential dangers including medications, cleaning products, tools, firearms, etc.
- Keep your cell phone charged for emergency use, but avoid personal use.
- Have parents outline rules including children going with friends or having others over to the house, etc.
- Do not leave children alone and when in doubt call the parents sooner than later.
- Respect the home you are babysitting in and refrain from sharing private information about the family.
- Always arrive early and honor your verbal or written confirmations to baby-sit.

## **Preparing to Babysit for Others:**

- Take a babysitting class and become certified in CPR and First Aid.
- Understand how to deal with emergencies and behavioral issues.
- Develop a resume and references to provide to parents.
- Gain experience by first watching siblings or relatives that you are comfortable with.

## **Resources:**

Babysitter Safety-[med.umich.edu/your-child/topics/babysit.htm](https://med.umich.edu/your-child/topics/babysit.htm)

Safe Sitter-[safesitter.org/student-resources/](https://safesitter.org/student-resources/)

Red Cross Babysitting Classes- [redcross.org/take-a-class/babysitting-child-care](https://redcross.org/take-a-class/babysitting-child-care)