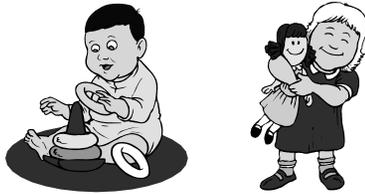


# Babysitting: A Guide for Sitters



When you are hired to baby-sit, you are entrusted with a child's life. Your primary responsibility is to care for the children's needs and most of all — keep them safe.

## Accepting the Job

Before taking the job, get approval from your parents, and know:

- Days and hours you are available
- Pay rate that you charge
- Previous babysitting experience
- Qualifications- Look into babysitting courses offered in your town, including CPR certification

## Know your Employer

If you have not met the parents, ask who recommended you and check it out before accepting the job. Do not advertise for babysitting jobs in public places such as community bulletin boards, Laundromats, or supermarkets. If this is the first time to baby-sit the child, plan to meet the parent and child at least 15 minutes before you baby-sit. This will give the parent time to tell you everything you need to know and for you to ask questions.

## Be Informed

Obtain the parent's name, address and telephone number. Find out:

- Number and ages of children you will be sitting
- Hours you are expected to work
- Transportation to and from the job
- Provide this information to your own parents

## While on the Job

- Find out where parents can be contacted in case of an emergency. Always have phone numbers, beeper numbers, etc.
- Familiarize yourself with all the doors and windows and how to operate any locks or alarms.
- Find out where first-aid supplies, fire extinguishers and clean clothing are located.
- Obtain any special instructions, i.e. bedtime, watching television, favorite snacks.
- Always let your parents know where you are.
- If you have any concerns while you are babysitting that upset you, be sure to tell your parents.

## When on your Own

- After the parents leave, check all the windows and doors.
- If you hear any suspicious noises, do not go outside.
- If you suspect a prowler, call the police immediately.
- Do not answer the door for anyone, unless you know the person.

## In Case of Fire

- First, get everyone out of the house, and do not return for any reason.
- Call the Fire Department at 911 from a neighbor's house.
- In any kind of emergency, stay calm. The most important thing to remember is that young children usually won't panic if you don't.



Compliments of:

**CONNECTICUT STATE POLICE**

Department of Public Safety

Public Information Office

1111 Country Club Road

Middletown, Connecticut 06457-9294

(860) 685-8230