



# THE BABYSITTER'S BACKPACK



WHEN AM I  
**READY?**  
TO BABYSIT?

## BABYSITTING

is not only caring for children, but being prepared to do a great job.

### SQUARE ONE

#### CPR/First Aid:

- + One of the most important things to do first is take a CPR/First Aid Class.
- + To find one nearest you, go to: [www.redcross.org/take-a-class](http://www.redcross.org/take-a-class)
- + Classes typically cost between \$50 - \$100.
- + Check in your area to see if the local library or any churches offer the class at a discounted rate.

### Remember

#### Before babysitting for the first time:

- + Give it a trial run. Offer to watch a sibling or friend's child while the parent is still home.
- + When doing a trial run, keep it to 1 – 2 hours.
- + Don't start off trying to watch a newborn.
- + Try to acquire 3 references before babysitting for a family you don't know.

### BABYSITTING COURSE

#### Take a Babysitting Course:

- + Parents are trusting you with their most precious belonging, their child! Parents want to know you are responsible enough to take care of their child.
- + A babysitting class also prepares you to better understand children's developmental stages, babysitting basics, and how to handle emergencies.
- + Go to: our website for class and sign-up today!

### Experience

#### Get experience:

- + Before babysitting on your own, make sure you have built up some babysitting experience to guide you.
- + You will be better prepared the more experience you have.
- + Do you have younger siblings? Offer to watch them for an hour while your mom or dad catches up on work.
- + Volunteer at your church nursery.
- + Find a job as a mommy's helper. Offer to babysit while a parent is home, so you can gain more experience!

### RESOURCES

- + [www.kidshealth.org](http://www.kidshealth.org)
- + [www.teens.webmd.com](http://www.teens.webmd.com)
- + [www.pbskids.org](http://www.pbskids.org)
- + [www.babysittingrates.com](http://www.babysittingrates.com)
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