



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
- + 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
- + www.teens.webmd.com
- + www.pbskids.org
- + www.babysittingrates.com

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