



# THE BABYSITTER'S BACKPACK



ARE YOU  
**READY TO**  
BABYSIT?

## FIND OUT!

Count up your points to get your experience level.

If your total score is 10 or more, you are ready to babysit on your own.

If it is your first time babysitting:

- + Babysit with at least one parent in the home
- + Choose a job in your neighborhood
- + Limit the babysitting job to 2 hours
- + Don't babysit for a newborn your first 2-3 times babysitting
- + Complete a class on CPR & first-aid - [www.redcross.org/take-a-class](http://www.redcross.org/take-a-class) to find a class near you

## Beginning 4-7 POINTS

- Have signed up for a babysitting class
- Know a few things about keeping children safe
- Don't have any childcare experience with children yet
- Do not have any references from families yet

**+ 1 Point Each!**

## Developing 8-11 POINTS

- In the middle of a babysitting class
- Understand safety but still unsure what to do in an emergency
- Have some experience caring for younger siblings or younger children.
- Have 2 or fewer references

**+ 2 Points Each!**

## Accomplished 12+ POINTS

- Completed the class and have a certificate of completion
- Feel prepared to handle most emergencies and safety issues
- Have cared for 3 or more different families and have a lot of experience with younger siblings or friends
- Have 3 or more references

**+ 3 Points Each!**

**SUPER-ACCOMPLISHED BONUS:**  
Have completed official CPR/FIRST AID course  
**+ 1 point!**

**MY TOTAL POINTS:** \_\_\_\_\_

My **GOAL** is to have \_\_\_\_\_ points by \_\_\_\_\_