

THE BABYSITTER'S BACKPACK



Lesson 1, Printable 1:

“Questions to Consider”

+ What do you think babies need?

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+ What was your favorite thing to do in preschool (3 – 5 years)?

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+ What activities did you enjoy when you were in middle childhood (5 – 10 years)? What made you happy?

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+ Why is it important to understand developmental stages? How will you use this information when you babysit?

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THE BABYSITTER'S BACKPACK



Lesson 1, Printable 2:

“Ages & Stages: Quick Reference”

Baby: 0 – 12 months

- + At about 3 months, babies can begin to hold their heads up.
- + Typically at about 6 months, babies can sit up with help and will turn toward sounds.
- + At 9 months, most babies are starting to crawl.
- + Around age 1, babies start to walk, begin saying several words, and can drink from a cup.
- + At this age, never leave a baby by himself.

Toddler: 1 – 3 years

- + At age two, toddlers can say up to 100 words and understand around 300 words. They stand on their own, can feed themselves, like to try and help adults, and enjoy taking things apart.
- + By age three, toddlers are independent. They can walk and run, speak in small sentences, play pretend, play simple games, and show their emotions.

Early Childhood: 3 – 5 years

- + Preschoolers need to be physically active.
- + They are learning to share and make friends.
- + At this age, they love doing art projects and being messy.
- + Preschoolers enjoy being outside and are curious about the world.

- + This age has a short attention span and likes going from one activity to another quickly.
- + Preschoolers can be very sensitive and can have their feelings hurt easily

Middle Childhood: 5 – 10 years

- + Children at this age like to be with other children of the same sex.
- + These children have a lot of energy and enjoy large body movement and high-energy activities.
- + This age admires older children and wants to be like them.
- + Children in middle childhood vary in academic ability. It works best to encourage each one individually and not compare one child with another.
- + This age loves to have fun, play games, and enjoys being outside.

Adolescence: 11 – 18 years

- + Sometimes, you may have to babysit a family that has an 11 or 12 year-old child. This is hard for that child because she probably feels that she doesn't need a babysitter. Try to be mindful of an adolescent's feelings when you run into this situation.
- + Children at this age are often awkward and experiencing a lot of body changes.
- + At this age, children can be employed to help. They like and need responsibility.
- + Adolescents can be emotional and often experience sudden mood changes.

THE BABYSITTER'S BACKPACK



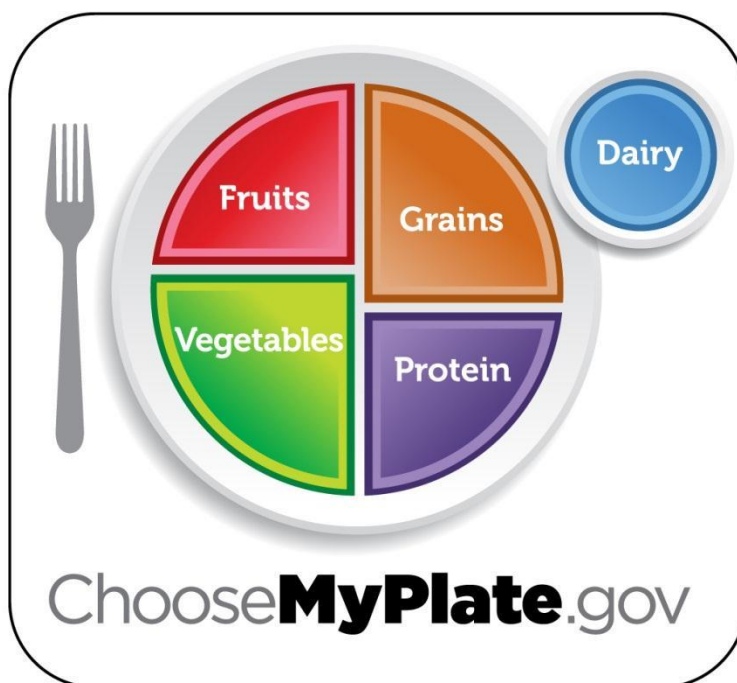
Lesson 1, Printable 3:

“My Plate”

The plate below is a representation of a nutritious, balanced diet. Whether its snack time or meal time, **kids need to eat healthy to be healthy!**

Without proper snacks (*lots of sugar and carbs don't make the cut!*) kids will be off their game by feeling moody, hyper, or tired. **Try using:**

fruits like	veggies like	healthy snacks like
+ oranges	+ carrots	+ low-fat yogurt
+ apples	+ broccoli	+ non-sugary cereal
+ bananas	+ cauliflower	+ low-fat cheese



THE BABYSITTER'S BACKPACK



Lesson 1, Printable 4:

“Bathroom Basics”

- + What do you think are some safety issues for the bathroom?

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- + Do you have siblings? Have you ever helped a child in the bathroom?

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- + What are some things to consider when giving a child a bath?

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- + Why is privacy for a child important?

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Lesson 2, Printable 1:

“Family Information Sheet”

Parent Names:

Address:

.....

Home Phone Number:

Cell Phone Number:

Children's Names and ages:

.....

.....

Other Emergency Contacts:.....

.....

Known Allergies:

.....

Routine information (dinner, bath, bedtime, discipline, etc.):

.....

.....

.....

THE BABYSITTER'S BACKPACK



Lesson 2, Printable 2:

“When to Call Parents or Emergency Number”

Be sure to have parents complete the contact information in this sheet **before** leaving the house. **In the event of a medical or other emergency, make sure you have these numbers:**

- + EMERGENCY: **9 1 1**
- + POISON CONTROL: **1 - 8 0 0 - 2 2 2 - 1 2 2 2**
- + PARENT CELL PHONE(S):
- + NEIGHBOR:
- + CHILD'S DOCTOR:
- + CHILD'S DENTIST:
- + LOCATION & NUMBER
WHERE PARENTS WILL BE:

Call the parent **immediately** for the following incidents:

- + Head injury
- + Uncontrollable bleeding
- + Burn
- + Allergic Reaction
- + Animal Bite
- + Vomiting
- + Digesting medicine/poison
- + Stranger Danger/suspicious behavior
- + Fire
- + You believe the child's safety is in jeopardy



THE BABYSITTER'S BACKPACK



Lesson 3, Printable 1:

“Top Books for Preschoolers & Children”

Books for Preschoolers

- | | |
|---|--|
| <input type="checkbox"/> THE VERY HUNGRY CATERPILLAR
BY ERIC CARLE | <input type="checkbox"/> THE SNOWY DAY
BY EZRA JACK KEATS |
| <input type="checkbox"/> GOODNIGHT MOON
BY MARGARET WISE BROWN | <input type="checkbox"/> THE RUNAWAY BUNNY
BY MARGARET WISE |
| <input type="checkbox"/> BROWN BEAR, BROWN BEAR, WHAT DO YOU SEE?
BY BILL MARTIN, JR. | <input type="checkbox"/> GUESS HOW MUCH I LOVE YOU
BY SAM MCBRATNEY |
| <input type="checkbox"/> THE RAINBOW FISH
BY MARCUS PFISTER | <input type="checkbox"/> DON'T LET THE PIGEON RIDE THE BUS
BY MO WILLEMS |
| <input type="checkbox"/> CORDUROY
BY DON FREEMAN | <input type="checkbox"/> KNUFFLE BUNNY
BY MO WILLEMS |

Books for Children Ages 4-8

- | | |
|---|--|
| <input type="checkbox"/> THE POLAR EXPRESS
BY CHRIS VAN ALLSBURG | <input type="checkbox"/> THE MITTEN
BY JAN BRETT |
| <input type="checkbox"/> GREEN EGGS AND HAM
BY DR. SEUSS | <input type="checkbox"/> STELLALUNA
BY JANELL CANNON |
| <input type="checkbox"/> THE CAT IN THE HAT
BY DR. SEUSS | <input type="checkbox"/> OH, THE PLACES YOU'LL GO
BY DR. SEUSS |
| <input type="checkbox"/> WHERE THE WILD THINGS ARE
BY MAURICE SENDAK | <input type="checkbox"/> STREGA NONA
BY TOMIE DE PAOLA |
| <input type="checkbox"/> LOVE YOU FOREVER
BY ROBERT N. MUNSCH | <input type="checkbox"/> THE VELVETEEN RABBIT
BY MARGERY WILLIAMS |
| <input type="checkbox"/> ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY
BY JUDITH VIORST | <input type="checkbox"/> HOW THE GRINCH STOLE CHRISTMAS
BY DR. SEUSS |

- ☐ **THE TRUE STORY OF THE THREE LITTLE PIGS**
BY JON SCIESZKA
- ☐ **CHICKA CHICKA BOOM BOOM**
BY JOHN ARCHAMBAULT
- ☐ **THE COMPLETE TALES OF WINNIE THE POOH**
BY A. A. MILNE
- ☐ **IF YOU GIVE A MOUSE A COOKIE**
BY LAURA JOFFE NUMEROFF
- ☐ **THE LORAX**
BY DR. SEUSS
- ☐ **AMAZING GRACE**
BY MARY HOFFMAN
- ☐ **JUMANJI**
BY CHRIS VAN ALLSBURG
- ☐ **MATH CURSE**
BY JON SCIESZKA
- ☐ **ARE YOU MY MOTHER?**
BY PHILIP D. EASTMAN
- ☐ **THE NAPPING HOUSE**
BY AUDREY WOOD
- ☐ **SYLVESTER AND THE MAGIC PEBBLE**
BY WILLIAM STEIG
- ☐ **THE TALE OF PETER RABBIT**
BY BEATRIX POTTER
- ☐ **HORTON HATCHES THE EGG**
BY DR. SEUSS
- ☐ **BASIL OF BAKER STREET**
BY EVE TITUS
- ☐ **THE LITTLE ENGINE THAT COULD**
BY WATTY PIPER
- ☐ **CURIOUS GEORGE**
BY HANS AUGUSTO REY
- ☐ **WILFRID GORDON McDONALD PARTRIDGE**
BY MEM FOX
- ☐ **ARTHUR SERIES**
BY MARC TOLON BROWN
- ☐ **LILLY'S PURPLE PLASTIC PURSE**
BY KEVIN HENKES
- ☐ **THE LITTLE HOUSE**
BY VIRGINIA LEE BURTON
- ☐ **AMELIA BEDELIA**
BY PEGGY PARISH
- ☐ **THE ART LESSON**
BY TOMIE DE PAOLA
- ☐ **CAPS FOR SALE**
BY ESPHYR SLOBODKINA
- ☐ **CLIFFORD, THE BIG RED DOG**
BY NORMAN BRIDWELL
- ☐ **THE PAPER BAG PRINCESS**
BY ROBERT N. MUNSCH

(Selected by the *National Education Association* & featured on *Teachers First*: www.teachersfirst.com/100books.cfm)

THE BABYSITTER'S BACKPACK



Lesson 3, Printable 2:

“Conversation Starters”

WHAT DO YOU WANT TO BE WHEN YOU GROW UP?	WHAT IS YOUR FAVORITE THING TO EAT?
IF YOU COULD BE ANY ANIMAL, WHAT WOULD YOU BE?	TELL ME ABOUT YOUR BEST DAY EVER!
WHAT IS YOUR FAVORITE GAME TO PLAY?	IF YOU COULD GO ANYWHERE, WHERE WOULD YOU GO? WHY?
WHO IS YOUR BEST FRIEND?	WHAT IS YOUR FAVORITE THING TO DO OUTSIDE?
WHAT MAKES YOU HAPPY?	WHAT IS YOUR FAVORITE SONG?
WHAT SHOULD WE DO AFTER EATING?	WHAT IS YOUR FAVORITE BOOK?
IF YOU COULD HAVE A SUPER POWER, WHAT WOULD IT BE?	TELL ME A STORY!
WHAT IS YOUR FAVORITE HOLIDAY? WHY?	SHOW ME YOUR SILLIEST FACE!

THE BABYSITTER'S BACKPACK



Lesson 4, Printable 1:

“Positive Discipline”

Describe the best teacher you had in school. What helped to make him or her a great teacher?

.....

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.....

.....

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.....

Describe your worst teacher. How did he or she make you feel? Why did you think he or she was a bad teacher?

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How can you use this information to be a better babysitter?

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THE BABYSITTER'S BACKPACK



Lesson 4, Printable 2:

“Praise Practice”

Practice One. Circle which praise statement is an example of descriptive praise:

- + Jamal you did a great job with your picture.
- + Jamal, I love the way you used so many colors when you colored your picture.

Practice Two. Is the following is an example of a good descriptive praise statement?

- + Tonya, I like how you helped your little brother go down the slide. You were so helpful and you made sure he was safe. (*Yes, good / No, not so good*)

Practice On Your Own. Create a descriptive praise statement for each of the following situations:

- + Jesse fed the dog.

.....

- + Samantha listened when you told her to put on her pajamas.

.....

- + Mizuiki washed the dishes.

.....

- + Cindy cleaned up her dolls.

.....



THE BABYSITTER'S BACKPACK



Lesson 5, Printable 1:

“Business Cards”

On the next page are sets of business cards you may fill in with your information and print out to use.

Remember, you may also use an online printing service like **Vista Print** (www.vistaprint.com).



Babysitting Service



Babysitting Service



Babysitting Service



Babysitting Service



Babysitting Service



Babysitting Service



Babysitting Service



Babysitting Service



THE BABYSITTER'S BACKPACK



Lesson 5, Printable 2:

“Sample Resume”

Below is a sample resume that you can fill out with your own information. For example, put your name in place of “Name” and replace the sample trainings, work experience, and qualifications with your own. When you are finished, delete this top portion and you will have your very own resume!

Name

Street Address

City, State, Zip

Phone

Email

Training and Certification

- Babysitting Classes
- CPR Training
- Other related trainings

Work Experience

Job:

Dates:

Duties:

Example:

Babysitter for Jones Family

September 1, 2010 – August, 31, 2012

- *Attended to three children, cooked meals, provided various play activities, gave baths, put children to bed.*

Qualifications

- Number of years experience in babysitting
- Any qualities or relevant items that show your qualified to babysit

References

Name:

Address:

Phone:

Email:

How you know this person:



THE BABYSITTER'S BACKPACK



Lesson 5, Printable 3:

"Sample Cover Sheet"

Fill in the blanks below, change any necessary info, then delete this top portion.
Now you have your very own cover letter to market yourself!



(your name)

Phone Number:

My pay rate is \$8.00/hour but is negotiable. I have completed the following babysitting courses or training: (list classes & certifications)

My experiences working with children are: (list experiences if applicable), and I would love the opportunity to work with your children!

References available upon request.

THE BABYSITTER'S BACKPACK



Lesson 5, Printable 4:

“Possible Interview Questions”

- + Why do you want to babysit?
.....
.....
- + Tell us about your past babysitting experience?
.....
.....
- + What babysitting classes have you taken?
.....
.....
- + What hours are you available? Do you have transportation?
.....
.....
- + What are your salary expectations?
.....
.....
- + What was your best babysitting experience?
.....
.....
- + What was your most challenging babysitting experience?
.....
.....
- + Are you trained in CPR?.....
- + What is your discipline policy?
.....
.....



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 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 _____



THE BABYSITTER'S BACKPACK



Lesson 2:

"WHEN TO CALL 911 QUIZ"

1. You're playing tag while babysitting, and little Freddie trips and skins his knee. What do you do?
 - a. Call the parents and ask what to do
 - b. Clean his wound, give him a band-aid, and end with a hug
 - c. Call 911 because it could be infected
 - d. Tell him not to worry about anything and keep playing
2. You fixed dinner for little Sallie and she begins choking on a hotdog. What do you do?
 - a. Jump up and start the Heimlich
 - b. Call the parents and ask them to come home
 - c. Call 911 and then use your skills learned in CPR
 - d. Have Sallie drink water to see if the hotdog goes down better
3. You are carrying baby Jamison up the stairs for bed. You accidentally trip and drop him. His head bangs on the stairs and he immediately starts to cry. You tried calling the parents and they don't answer. What do you do?
 - a. Take him upstairs and rock him until he stops crying
 - b. Don't do anything. Hey, accidents happen!
 - c. Put him down in his crib to sleep
 - d. Call 911 and leave the parents a message
4. You are playing hide-and-seek with Zoe and she slips and falls. She starts crying and you see a bone protruding from her arm. What do you do?
 - a. Wash the wound and try to bandage it
 - b. Start to panic because you think her parents will be mad
 - c. Call 911
 - d. Call the parents and tell them Zoe has a small boo-boo
5. You put Zendaya to bed. When you come back to the kitchen, you notice little Kendall is drinking from the bottle of kitchen cleaner. What do you do?
 - a. Call 911
 - b. Give her water or juice to wash it down
 - c. Try to rinse out her mouth with mouthwash
 - d. Give her something to eat so she will have something else in her stomach

See next page for answers:

- 1. b**
- 2. c**
- 3. d**
- 4. c**
- 5. a**

How did you do? See the rubric below to find out!

5 correct: BABYSITTING SUPERSTAR

Great job! You are ready to babysit!

4 correct: BABYSITTING BRILLIANCE

Good job! Review your babysitting safety sheets one more time before babysitting.

3 correct: ON THE RIGHT TRACK

Not bad but you need to review some things. Go through the Safety PowerPoint again. Remember, your number one job is to keep children safe while the parents are away.

1 or 2 correct: BACK TO THE BOOKS

Uh oh! You need more work with child safety before babysitting. Go through the quiz with your family. Talk with them about what they would do. Review the Safety Lesson again and go through all the fact sheets.



THE BABYSITTER'S BACKPACK



AGES AND STAGES

**We don't stay
the same forever!**

THE BEST BABYSITTERS
UNDERSTAND HOW KIDS
CHANGE AS THEY GROW
THROUGH DIFFERENT
STAGES



BABIES 0-12 MONTHS

3-6 months

- + Begins to hold head up
- + Can sit up with help; roll over
- + Will turn toward sounds

9-12 months

- + Starts to crawl
- + Begins saying several words
- + Able to drink from a cup
- + Starts to walk



TODDLERS 1-3 YEARS

2 years

- + Can say 100 words
- + Understands ~300 words
- + Stands on their own, feeds self
- + Likes to help adults
- + Enjoys taking things apart

3 years

- + More independent
- + Speaks in small sentences
- + Can walk, run
- + Plays pretend, simple games
- + Shows their emotions



PRESCHOOL 3-5 YEARS

- + Need physical activity
- + Learns to share, make friends
- + Loves being messy
- + Enjoys art projects
- + Enjoys being outside
- + Are curious about the world
- + Short attention span; likes going from one activity to another quickly
- + Can be very sensitive; their feelings are hurt easily



MID-CHILDHOOD

5-10 YEARS

- + Likes being with the same gender
- + Enjoys lots of movement, high-energy activities
- + Admires older kids; wants to be like them
- + Loves to have fun, play games
- + Encourage each one individually; do not compare one child with another



ADOLESCENCE

11-17 YEARS

- + Often awkward, self-conscious
- + Experiences a lot of physical & mental changes
- + Can be employed to help
- + Likes and needs responsibility
- + Can be emotional with sudden mood changes

AGES AND STAGES

ACTIVITIES BY AGE

Infants

- + Play peek-a-boo
- + Stack plastic bowls or cardboard boxes
- + Read them a board book

Toddlers

- + Play-dough
- + Help them color a picture
- + Try finger painting

Preschoolers

- + Have them make a book or their own story
- + Color or paint a picture
- + Pretend to go on an amazing adventure
- + Dance

Middle Childhood

- + Draw pictures together
- + Let them read to you
- + Play board games

Adolescence

- + Ask them to help you make meals or snacks
- + Give them a specific job
- + Let them think of activities to do with the younger children



THE BABYSITTER'S BACKPACK



BUSINESS AND MARKETING

BABYSITTING
is not only caring for children,
it is also a business.

SQUARE ONE

Decide your rate.

- + Most charge between \$8-12 per hour.
- + Ask around for rates in your area; see the resources for help in calculating area rates.

Decide your hours.

- + Weekends, weeknights, summer time?

Decide your \$\$ plan.

- + Think about & set financial goals so you will not spend all the money you make.

'SITTING SKILLS

Provide parents copies of:

- + **Your completion certificate** from the babysitting course
- + **Your CPR & first aid certificate**
- + **Your resume**, so they can learn more about you and your work with children
- + **At least 3 references** – ask before using someone as a reference
- + If you need to build references & experience, volunteer to babysit for a family **while the parents are home**.

SAFETY

Be aware:

- + Don't put your address on flyers you post in a neighborhood.
- + Only give personal information to families your parent or guardian approves.
- + Never give personal information to a stranger!

INTERVIEW

Practice your interviewing skills.

- + Have your parent or guardian give you practice interviewing questions.
- + Practice maintaining good eye contact by talking to yourself in the mirror.

RESOURCES

- + See **Lesson 5 Printables** in the Babysitter's Backpack for templates to use for resumes, business cards, and flyers.
- + <http://www.care.com/BabysitterRates>
- + <http://urbanext.illinois.edu/babysitting/brochure-template.html>



THE BABYSITTER'S BACKPACK



POSITIVE DISCIPLINE

POSITIVE DISCIPLINE

FOCUSES ON THE **POSITIVE ASPECTS** OF A CHILD'S BEHAVIOR BY USING **POSITIVE PRAISE** TO ENCOURAGE GOOD BEHAVIOR WHILE IGNORING BAD BEHAVIOR.

WHY POSITIVE?

Spanking or yelling can:

- + Harm the child
- + Cause more aggression or violence
- + Strain the babysitter/child relationship
- + Make the child anxious or timid
- + Make the child feel ashamed

Always check with the parents FIRST to find out their rules for discipline.

GRR!!

How I can calm down when I'm angry?

- + Count to 10 slowly
- + Call your parents or guardian for advice
- + Take a few deep breaths
- + Step outside for a minute
- + Listen to your favorite song
- + Read a magazine

Always be sure the children are still in eyesight while using these techniques.

WHAT DO I DO?

- + **Use fun games to encourage good behavior.** *"Let's see how many cars you can clean up and place in the basket while I count to ten."*
- + **Praise the child when you see good behavior.** *"I like the way you put the books away" or "Thank you for listening."*
- + **Be consistent and firm so the child will know what you expect.** Children behave better when they understand the rules and know what will happen if they break the rules.
- + **To prevent temper tantrums, help the child transition to a new activity with a reminder.** *"In three minutes we will need to clean up the toys, so we can have lunch."*
- + **If the child throws a tantrum but is safe and not causing harm,** ignore the behavior and eventually the child will stop.
- + **However, DO use consequences for misbehavior or breaking rules.** *"If you throw the stuffed animal again, I will have to put away the stuffed animal for the rest of the day."*
- + **If the child begins acting out, distract them with another activity or redirect attention to something new.** *"Let's play with this doll instead. Help me pick out clothes for her."*
- + **Give the child a do-over.** *"I know you will remember to play gently with the blocks and not throw them at others. Let's try playing with the blocks again."*
- + **For ages 2–6, try a time-out.** Have them sit in a quiet, safe place (add 1 minute per year of age). At the end of time out, explain what behavior you would like to see instead.

RESOURCES

Positive Parenting Program
www.triplep.net

National Association for the Education of Young Children
www.naeyc.org

Parent Child Interaction Therapy
www.pcit.php.ufl.edu

American Academy of Pediatrics
www.aap.org

1-2-3 Magic: Parenting Solutions Using Positive Discipline
www.parentmagic.com

Safe Child
www.safechildnc.org



THE BABYSITTER'S BACKPACK



SAFETY AND BABYSITTING

BABYSITTING

is not only caring for children, **but**
is also keeping them safe.

BASIC SAFETY

Safety:

- + Make sure all the doors and windows are locked when the parents leave
- + Know where the children are at all times
- + Be aware of your surroundings
- + Call the parents if you have any concerns

STRANGER SAFETY

Be aware:

- + Don't answer the door while the parents are out.
- + Never invite a stranger inside the house.
- + Never tell a stranger you are the babysitter.
- + Call the parents if a stranger seems suspicious or keeps ringing the doorbell.

PHONE SAFETY

Phone Guidelines:

- + If someone calls for the parents, be sure to say the parents are unavailable. Don't let the caller know the parents are out for the evening.
- + Don't say you are the babysitter.
- + Never give personal information out over the phone.
- + Don't let the caller know you are the babysitter.
- + Stay off your cell phone so you are engaged with the children.



THE BABYSITTER'S BACKPACK



I GOT AN
INTERVIEW!

NOW WHAT?

FOLLOW THESE **TIPS** TO MAKE
YOUR INTERVIEW THE **BEST**

RESOURCES

www.care4hire.com/tips/11-interviewing-for-a-babysitting-job

www.redcross.org/portal/site/en/menuitem.53fabf6cc033f17

BEFORE

Keep it simple & professional

- + Low-key makeup
- + Wear dress pants and a nice shirt, or a modest skirt/dress.
- + Avoid shorts, low cut shirts, flip-flops, or anything with holes in it.
- + If you wear jewelry, keep it simple.

The idea is to keep them focused on YOU, not what you're wearing.

DURING

- + Remember to smile and be friendly
- + Maintain eye contact
- + Answer confidently and be as specific as possible
- + Be yourself!
- + No chewing gum – before the interview, use a mint instead
- + Avoid using filler words: “um”, “like”, “you know”
- + Be cell phone free! Leave it at home or make sure it is on vibrate
- + Never badmouth other families – you can be honest about your experiences, but not negative

AFTER

- + At the end of the interview, follow up with any questions you may have.
- + Ask the family to give you a timeline of when they will call you to let you know if you are hired.
- + Be sure to leave your resume and references with the parents before you leave.
- + Even if the family offers you the job immediately, take time to think about the interview and decide if this family is a good fit for you. It is a good idea to talk over the interview with your parents or guardian.
- + Even if you decide not to babysit for this family, follow-up with a thank you note. It's important to be professional throughout all the stages of the interview process, because your actions with one family can affect your interactions with another family.



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
- +



THE BABYSITTER'S BACKPACK



WHEN TO
CALL 911

BABYSITTING

is not only caring for children, **but**
is also keeping them safe.

TALK TO PARENTS FIRST

When you meet the family for the first time:

- + Find out if children have any medical conditions
- + Ask parents to write out an emergency plan
- + Be sure to go over Printables 2.1, and 2.2 before you babysit for the first time
- + Remember, it's important to prepare for an emergency before it happens!

CALLING 911

If any of these situations arise, call 911 immediately:

- + A child is choking
- + A child breaks a bone
- + A child is not responsive
- + A child receives a head injury
- + A child ingests any cleaning supplies
- + A child receives a severe burn
- + You feel the child's safety is in danger

CALL THE PARENTS

If you are unsure of what to do, call the parents. Some situations that may arise are:

- + A child begins vomiting
- + A child has been crying repeatedly for over half an hour
- + A child falls down and seems hurt, but you are not sure what to do
- + The power goes out and the children are afraid
- + A storm comes and something happens to part of the house

Remember:

Attend a CPR and First Aid class before babysitting for the first time. Babysitting is a big responsibility and your job is to keep the family safe!