

Wellness & Safety



Finding Caregivers & Babysitters

Maybe you need a babysitter while you're at work, or school. Maybe you need one for a date night, or in an emergency. Regardless of your reason, finding a qualified caregiver/babysitter for a child is an important and challenging task for any parent. Ideally, caregivers should be adults who are trained in CPR/First Aid, have patience, have knowledge of child development, and enjoy being around children. At minimum, caregivers/babysitters need to know how to keep your children safe and well.

The safety sheet on the following page is a quick reference for you to review with your children's caregivers/babysitters so you can make sure they know the basics.

All children deserve to be and feel safe. Never assume that all adults will know how to safely and appropriately care for your child/children. Review the sheet, set boundaries, answer and ask questions, and post this sheet somewhere for the caregiver to see.

Depending on a child's age, you can choose to review some of the information on the safety sheet with the child.

"There is no trust more sacred than the one the world holds with children. There is no duty more important than ensuring that their rights are respected, that their welfare is protected, that their lives are free from fear and want and that they can grow up in peace."
- Kofi Annan

Babysitting Basics



REMEMBER...

- **NEVER shake a baby** or child.
- Put babies to sleep in a **crib** with **no toys** and **on their back**.
- Screaming or threatening an upset child is NOT okay, and will not improve a situation.
- Physical harm is NEVER an appropriate form of punishment for a child.
- If you are losing your patience or are extremely frustrated with a child, leave the child in a safe space and immediately call: _____. **Do not harm the child emotionally or physically.**

Food Safety

- Know a child's allergies before preparing or serving food. **Child's allergies:** _____
- Check the temperature of food or liquids before serving
- Serve food with child-friendly utensils
- Check high chairs to make sure child is secured properly
- Many foods will need to be cut into small pieces so a child does not accidentally choke
- Serve food with the age-appropriate beverage containers to avoid choking
- Children should NEVER consume any alcohol, drugs (prescription and non-prescription) or tobacco

Water Safety

- ALWAYS watch children around water including pools, baths, and toilets
- During bath time, always check the water temperature before a child enters (water should be luke-warm but NEVER hot)

Sleep Safety

- Babies should sleep alone, in a crib, and on their back (no toys, large blankets or pillows)
- Children should avoid having objects in their bed, and precautions should be taken so a child does not roll off of a bed

Quick Questions to Ask Parents

- What is the child's bathroom/potty routine?
- What, if any, medication am I allowed to give a child?
- What, if any, technology is a child allowed to utilize?

If you need help, support, or have any questions, please call:

1. _____ 2. _____ 3. _____