

Babysitter Tips

For Parents

- Post a list of all important safety phone numbers.
- Post a medical history for the child including allergies, medications, medical conditions and insurance information.
- Create and post a home escape plan. Make sure to go over it with the babysitter.
- Keep emergency supplies handy including fire extinguisher, flash light and first aid kit. Make sure the sitter knows the location.
- Make sure home is secure, windows are locked, smoke detectors are working, pool fence is latched, wall plugs are covered, buckets are covered, toilet seats are properly latched matches and lighter are properly stored, poisons are properly stored etc.
- Encourage your sitter to get CPR and first aid training. They should be familiar with how and when to use a fire extinguisher as well.

For babysitters

- Know the location of important safety materials such as fire extinguisher, flash light, telephone and first aid kit
- Know the location of important safety information including phone numbers and medical history.
- Always review the home escape plan with the parents. Know the location of two exits from every room. Make sure doors and windows open easily and are not blocked. Have a plan for evacuating small children. Stay low in smoke and get out quickly. Do not go back into the house once you are out. Call 911 from a neighbor's house.
- Learn CPR and first aid. Know how and when to use a fire extinguisher.
- Be aware of hazards in the house, visit the house early and discuss safety planning with the parents.
- Watch children at all times, never let them out of your sight, even for a second.
- Know the proper procedure for stop, drop and roll.
- If you have to cook, know your kitchen safety tips.