

## Know Who You Are Watching

CHILDREN'S NAMES:

AGE

_____	_____
_____	_____
_____	_____

SPECIAL INSTRUCTIONS

Likes to play

Likes to eat

Likes to watch

Goes to bed at

Other

## EMERGENCY NUMBERS

POLICE  
FIRE  
AMBULANCE

**911**

DOCTOR \_\_\_\_\_  
**POISON CONTROL**  
**1-800-222-1222**

## CHILD IS HIGHLY ALLERGIC TO

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is not permitted to

\_\_\_\_\_

\_\_\_\_\_

## BABYSITTERS GUIDE AND CHECKLIST

### BABYSITTERS CHECKLIST

Parents Names:

Sitting Address:

Mom or Dad can be reached at:

Will return at:

## For The Babysitter

Babysitting is a great way to earn extra money, gain job experience and help a neighbor. It is also a big responsibility to be in charge of someone else's children in an unfamiliar home.

Here are some guidelines to help you become a trusted top-notch babysitter.

### GETTING THE JOB

- Baby-sit only for people who have been referred to you. Newspaper ads are not as safe as agreeing to sit for a friend or neighbor.
- Discuss with the parents when they expect to return.
- Talk about how much you will charge before you agree to take the job.
- Find out how you will get to the job and how you will get home.
- ALWAYS leave the name, address and phone number of where you will be sitting with your parents
- Tell your parents when your employer expects to be home.
- Tell the parents of any limitations you have such as:
  - \* time you must be home,
  - \* no transportation,
  - \* disabilities,
  - \* or any other concerns.

## On The Job

- Before the parents leave, have them write down where they will be and how to contact them in an emergency.
- Ask if any neighbors can be contacted in the event of an emergency.
- Be sure you know where the phones are in the home you are sitting in.
- Check door and window locks.
- Get permission to use computers, VCR's, stereos and other items in the house.
- Don't tie up the phone in the employers home. They may want to call to check on you or the child.
- Get permission to have friends keep you company in the home.
- Report ANY suspicious activity to parents, neighbors or police.
- Know where fire extinguishers and smoke alarms are located.
- Check for all points of exit in case of emergencies.
- MAKE SURE YOU KNOW IF THE CHILD HAS ALLEGIES TO FOODS.
- Keep outside lights on.

### IN EMERGENCY SITUATIONS

If you suspect fire:

**GET THE CHILDREN AND YOURSELF OUT.**

Go to a neighbors house and call 911  
Call your employer, after 911  
Remain calm. Children are less likely to panic if you remain calm.

**POISON CONTROL**  
**1-800-222-1222**

## After The Job

- Inform the parents of any unusual events that happened.
- Call your parents if you will be late.
- If escorted home by the employer, make sure they do not seem intoxicated.
- If a particular employer is unreliable, always late or sometimes intoxicated, don't sit for them.
- Make sure you leave items in the home where they were when you arrived.
- Avoid walking home alone after a babysitting job.

*Information Compliments of:*

**Macungie Police Department**  
21 Locust Street  
Macungie, Pennsylvania 18062  
(610) 966-2222 Administration

Www.macungiepd.org