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Babysitting Tips

Before Babysitting:

1. When searching for babysitting jobs go through your family, family friends or teachers, etc. Avoid posting your name, age, and phone number in public places (e.g. online, in stores, in community centres, etc.).

2. Create a plan for how to contact your parents/guardians if you need to contact them while you are babysitting.



3. Always have permission from your parents/guardians before babysitting. They need an opportunity to meet the family and know where you will be. Provide your parents/guardians with a phone number and address.

4. Have two plans for how you are getting home — if one falls through then you always have another option.



5. Keep the number of people that know you will be babysitting to a minimum.

6. Stay away from newspaper or Internet advertisements for a babysitter.

**While Babysitting:**

7. Keep windows and doors locked.



8. Turn on the outside light(s) when it gets dark outside.

9. Make sure you know the locations of the phone in the house. Keep all emergency phone numbers by the phone and the address of the house by the phone.



10. Do not open the door for anyone you are not expecting. Ask the parents of the child you are babysitting if you should be expecting anyone to stop by.

11. Limit your time talking to friends on the phone or online in case the parents need to reach you.



12. Put your full attention to babysitting for the safety of everyone.



Models in photo. Intended as illustrative.