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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).



2. Create a plan with your parent/guardian. For example, creating an excuse as a code is a great way to communicate with your parent/guardian if you feel uncomfortable or scared while babysitting. This can serve as a signal that you need them to come and get you. An example could be "I have a bad headache."



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



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



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



6. Stay away from newspaper or online 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 phones or tablets in the house. Keep all emergency phone numbers and the address of the house on the fridge.



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



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



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



Models in photo. Intended as illustrative.