

### FAMILY

## BABYSITTER, INFORMATION AND ITEMS TO PROVIDE FOR IN-HOME SITTER CHECKLIST

#### Items to prepare before babysitter arrives

- Favorite snack and drink for babysitter
- Flashlight set out
- Inform your children of what you expect from them while you are gone

#### Items to write down and go over with babysitter

- Address of home
- Allergies of children
- Bath and hygiene instructions (child is NEVER to be left alone in the bathtub)
- Bed time for children
- Cooking instructions
- Feeding instructions
- Fire, what to do in case of
- Foods not allowed; food allergies
- Location of items that will be needed to care for or perform duties
- Location of first aid kit
- Physician phone number(s)
- Poison Control phone number
- Parent phone number(s)
- Pets, provide instructions
- Provide a neighbor or close relative to call in an emergency

#### Items to verbally inform babysitter

- Expectations (be clear)—no alcohol, smoking or drugs; no visitors or phone calls to friends
- Computer use rules for children or babysitter
- Doors and windows to remain at all times; parent check prior to leaving the home
- Introduce babysitter to your children
- Instructions for babysitter and children are not to leave the home unless an emergency requires it
- Medications; babysitters should not give a child medication unless they are licensed to do so
- Orientation of home; tour of home
- Phone calls or visitors to the door, instructions how to handle
- Policies and rules of parents, explain
- Time you expect to return

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