

# Babysitting Tips

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## Before Babysitting:



1. Search for babysitting jobs through people you know offline. 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 to get out of an uncomfortable situation. For example, creating an excuse as a code that you're uncomfortable is a great way to communicate with your parent/guardian if you feel scared, need help or have a question 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 to know who the family is and where you will be babysitting. 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. Stay away from newspaper or online advertisements for a babysitter.

## While Babysitting:



6. Keep windows and doors locked.



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



8. Make sure you have your phone or know the locations of all the phones or devices you can access in the house. Keep all emergency phone numbers and the address of the house on the fridge.



9. 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.



10. Limit the time you spend on your devices. This way, parents can reach you if they need to, and you're able to put your full attention to babysitting and supervising the children for everyone's safety.

