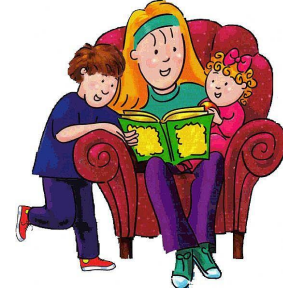


Babysitting: A Guide For Sitters

Frequently Asked Questions and Resources

The Super Sitter (20 page PDF booklet from the U.S. Consumer Product Safety Commission)



Accepting The Job...

You're in business for yourself, so be ready to tell your future employer:

- Days you are available.
- Pay you expect.
- Hours you are available.
- Experience you have had.

Know Your Employer...

If they are unfamiliar to you, ask who recommended you and check it out before accepting the job. If in doubt, advise your parents. Do not advertise for babysitting jobs in supermarkets, community bulletin boards, drug stores, or laundromats. You don't know who will see your name and phone number.

Be Informed...

Obtain the parent's name, address, and telephone number.

- Number of children you will be sitting and their ages.
- Escort and transportation to and from the job.
- Hours you are expected to work.

On The Job...

- Have them show you all the doors and windows and how to operate any locks or alarms you are unfamiliar with.
- Find out where first aid supplies, clean clothing, and fire extinguishers are located.
- Obtain any special instructions (children's snacks, bedtime, use of TV or radio).

When On Your Own...

Check all the doors and windows after parents leave.

Keep a constant watch on children to avoid any accidents.

If you hear any suspicious noises, check them out by turning on the outside lights. Do not go outside. If you suspect someone is there, call the police immediately.

If you receive unusual or obscene telephone calls do not let the caller know you are alone. Hang up and call the police.

If someone comes to the door requesting the use of the telephone, do not let them in the house. Make the call for them. If they attempt to enter, call the police.

Keep drapes and shades closed and leave the lights on.

In Case of Fire...

In case of a fire, get the children out of the house first, then call the Fire Department from a neighbor's home.

When Parent's Return...

Report any unusual happenings to the parents. Make certain you are escorted by an adult. If your employer appears intoxicated, insist that someone else take you home or call your parents to come and get you.

Babysitting Checklist ([printer friendly version](#))

Where Are You Sitting

Name: _____

Address: _____

Phone
Number: _____

Where Parents Will Be

Name: _____

Address: _____

Phone
Number: _____

Close Friend, Neighbor, or Relative

Name: _____

Address: _____

Phone
Number: _____

Family Doctor

Name: _____

Phone
Number: _____

Hospital

Name: _____

Phone
Number: _____

Jefferson City Police and Fire Department Emergencies -- 911
Other reports to police (stolen property, criminal damage, lost items, etc.) --
634-6400

Frequently Asked Questions and Resources...

The most common question we hear is "**What should I charge?**" **There is no set rate for babysitters to charge.** Each area of the country will be different. Check with your mom, relatives or friends that babysit and ask them what they charge.

The **Red Cross** sometimes offers a course in Babysitting. **Contact your local Red Cross for more information.** In Jefferson City, contact:

American Red Cross, Capital Area Chapter

431 E. McCarty St.
Jefferson City, MO 65101
(573) 635-1132

The American Red Cross has many resources related to Babysitting just visit their site at:

<http://www.redcross.org/portal/site/en/menuitem.53fabf6cc033f17a2b1ecfbf43181aa0/?vgnextoid=5ced914124dbe110VgnVCM10000089f0870aRCRD&vgnextfmt=default>

For first aid courses check with your local Red Cross. You can also call your local 4-H organization to see if they offer a babysitting certification course.