

Tips for Choosing a Baby Sitter



Interview all Potential Baby-Sitters

- Ask the baby-sitter's age, if (s)he is a teen, (under 15) and you have very young children, you will want to find an older teen.
- Talk about the baby-sitter's past experience. What activities is (s)he involved in? Why is (s)he interested in baby-sitting? What does (s)he enjoy doing with children?
- Has (s)he taken the red cross baby-sitter's course?
- Ask for references. Talking to people who have hired this baby-sitter in the past will give you an idea of the babysitter's reliability and trustworthiness.

Invite the Baby-Sitter to Your House

- This will give you an opportunity to observe the sitter interacting with your children, and to show the baby-sitter your home.
- Discuss your views on discipline and child care. Make sure that the sitter understands appropriate forms of discipline. **Tell anyone who watches your children to NEVER shake a baby or young children.**
- Discuss the household rules, and tell the babysitter how you expect your child to be treated.
- Be sure the baby-sitter understands your rules on visitors, bed times, snacks, phones, etc.
- Leave important telephone numbers with the baby-sitter (neighbors, nearby relatives, doctor, fire, police, poison control hotline) in case an emergency should arise.

Talk to Your Children about the Baby-Sitter

- It is important for your children to be comfortable with the baby-sitter. Respond to concerns your children may have.
- Listen to your children and trust them.

Keep Good Faith with the Baby-Sitter

Do call if you are going to be late. Do not allow your boyfriend/girlfriend, husband or wife to drive the sitter home if (s)he has been drinking. It could make the sitter uncomfortable and there is the issue of liability.



Sierra-Sacramento Regional Child Abuse Prevention Councils' Coalition

A working coalition of child abuse prevention councils from 15 counties.

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