

**RESOURCES  
ON CALL**



The  
**Babysitting Kit**

*A comprehensive  
guide to  
finding,  
interviewing,  
and educating  
your  
babysitter*

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# FINDING A BABYSITTER

Finding a babysitter involves advertising, networking, making calls and posting flyers.

## Writing and Placing an Ad and Posting Flyers

One of your best options is to place an ad in your local newspaper. Many have found specialty newspapers, catering to a particular ethnic or age group to be an excellent resource. Many colleges and schools maintain "job boards" for their students. **Resources On Call** will provide information on your area papers, colleges and sample flyers.

Before you write your ad, consider these tips:

- ◆ Check the "Situations Wanted" section to see if anyone meeting your needs is advertising for a position
- ◆ Look at current ads to give you an idea of salaries and to help you phrase your ad
- ◆ Make a list of your requirements
- ◆ Ask the paper how they arrange the ads and adjust yours accordingly. Ads at the top of a section often get the greatest response.

## Sample Ad

The style and wording of this ad is typical. Adapt it to your own requirements. And most of all, try to be inviting!

Babysitter needed: Warm, loving Mansfield family seeks enthusiastic person to care for two girls ages 18 mos and 3 yrs. Tu & Th 3-6 p.m. References. Own transportation preferred. Call Ann eves 555-123-4567

# INTERVIEW GUIDE

When you interview caregivers, you will want to ask questions that give you information about their motivation, experience, reliability, and personality. Use the questions below as a guide, and add your own. Highlight the areas that you feel are important to the person you are interviewing.

- ♥ What do you enjoy most about children?
- ♥ What do you think children like best about you?
- ♥ What activities do you like doing with children? (relate to your own children's ages)
- ♥ What was your last babysitting experience? What other experiences have you had caring for children?
- ♥ What did you like most about each experience? What did you find difficult or like least?
- ♥ Do you have any health-related conditions that could present a problem in this job?
- ♥ Have you ever had to handle an emergency of any kind? What happened and how did you handle it?

# REFERENCE CHECK

Babysitter's Name \_\_\_\_\_

Reference Name \_\_\_\_\_

How long have you known him/her? \_\_\_\_\_

What is your relationship to the sitter? \_\_\_\_\_

How is s/he with children? \_\_\_\_\_

Has s/he ever cared for your children? \_\_\_\_\_

Have you observed him/her caring for children? \_\_\_\_\_

How do you think s/he would handle an emergency? \_\_\_\_\_

Would you recommend him/her as a babysitter? \_\_\_\_\_

S/he will be caring for my children - is there anything else you think I should know? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# TIPS FOR HIRING TEENS

Many adolescents make wonderful babysitters. But because of their age and developmental level, they need to have "house rules" clearly spelled out. Here are some suggestions:

- ✓ Don't expect a teenager to handle a phone conversation with your child's doctor or poison control center. Make sure s/he has access to an adult - such as a neighbor - who can help out in an emergency
- ✓ Clearly explain special routines, such as rocking the baby to sleep or stopping sibling disputes
- ✓ Be specific about your house rules:
  - Can the sitter have visitors?
  - Which are the foods she can eat?
  - Can she use the VCR? the microwave?
  - Is it all right if she falls asleep on the couch if you are going to be out late?

# HELPFUL INFORMATION

Favorite Activities \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Favorite Books, Music, Videos \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Favorite Foods \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Special Toys and "Loveys" \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Toileting/Diapering \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Bedtime Routine \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other Helpful Information \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# EMERGENCY MEDICAL INFORMATION

Child	Pediatrician	Telephone	Health plan/ insurance #

Current medical problems or chronic conditions

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Medications

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---

Allergies

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---

Dentist

Phone

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Additional Information

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# EMERGENCY TELEPHONE NUMBERS

I/WE WILL BE AT \_\_\_\_\_

## Emergency Services

Fire \_\_\_\_\_

Police \_\_\_\_\_

Ambulance \_\_\_\_\_

## Medical

Doctor(s) \_\_\_\_\_

Hospital \_\_\_\_\_

Dentist \_\_\_\_\_

Poison Control Center \_\_\_\_\_

## Neighbors and Friends

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

# SITTER JITTERS

Although it's difficult leave your new baby with a babysitter, experts say that going out with your spouse is not just recommended - it's essential. Still, it's not unusual for a new mother to have ambivalent feelings about going out. With the right preparations, leaving your child with a babysitter will be a less stressful experience.

## **Choose a sitter you really trust**

If you're nervous about leaving your child with a teenager or college student, keep interviewing until you find one who has experience with babies and can provide good references from other parents.

## **Have a trial run**

Ask the sitter to come for one or two paid practice sessions, during which you show her the ropes. Try leaving for just a short while toward the end of the session.

## **Start short and sweet**

Begin with a two or three hour date. If you're nursing, try to time a big feeding just before you go and leave a bottle of pumped milk or formula behind.

## **Choose a place where you can be easily reached by phone**

Instead of a movie, go to a nearby restaurant or friend's house.

## **Feel free to call**

Of course you'll want to check in. Just don't call so often that you wake a peacefully sleeping baby!

# *YOU ARE INVITED*

*TO: BABYSIT*

*FOR:* \_\_\_\_\_

*WHEN:* \_\_\_\_\_

*WHERE:* \_\_\_\_\_

*NEED:* \_\_\_\_\_

*RSVP:* \_\_\_\_\_

\_\_\_\_\_