

# ***BABYSITTING 101***



**Onsite Medical Training**

[www.onsitemedicaltraining.net](http://www.onsitemedicaltraining.net)

# *Topics*

- **Becoming a Babysitter**
- **Preparing to babysit**
- **Staying Safe**
- **Taking Care of Kids**
- **When things go wrong**
- **You can do it!**



# *What is babysitter?*

- **ba·by·sit·ter**-a person who looks after a child or children while the parents are out.

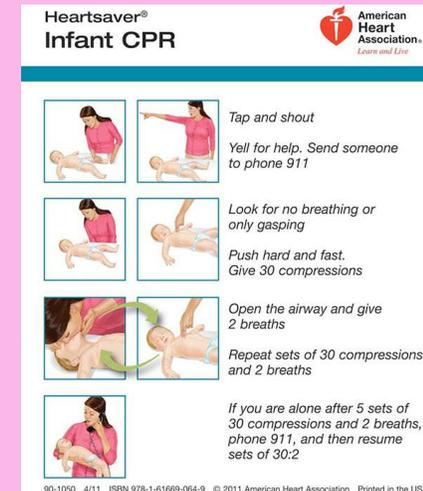
## **Someone who has the following characteristics:**

- Patience, kindness, friendly & polite
- Playful, creative, unique & fun
- Active & Healthy
- Trustworthy & honest, able to take charge & balance authority
- Experienced, confident, flexible & adaptable



# How to become a babysitter?

- **Start** by learning the basics of childcare.
- **Volunteer** to watch kids you already know.
- **Get experience** working with children in a group setting.
- **Get certified in CPR & become familiar with First Aid.**
- **Market yourself** to people you know.
- **Create a resume**, capture your experience & certifications.



# *Preparing to babysit*

- **Think like a babysitter**-Have fun in a safe structured environment. Be silly, laugh & active with the kids. Be positive & encourage.
- **Being ready to babysit**-Are you old enough to take on the responsibility of young children & mature enough to handle an emergency?
- **Babysitting business basics**-Understand legal requirements. Develop a market, business plan, prices & type of services. Remember, you may start small, but you may discover something bigger.
- **Getting to know the family, your customer(s)**-Perform due diligence, get their likes & dislikes, get the expectations for your upcoming job.



# *Staying safe*

- **Safety on the job**-Make sure you let someone you trust know you have a baby-sitting job, where & who you are serving
- **Safe & Supervised**-Trust your instincts, if you arrive at a baby-sitting job or nearing a baby-sitting job & " **something just does not feel right** ", turn around or drive passed & leave.
- **YOU ARE PRIORITY AT THIS TIME!**



# *Taking care of kids*

- **Caring for kids & their basic needs**

*Kids need to feel safe & sound, having their basic needs being met:*

- Shelter
- Food
- Medical Care
- Protection from Harm



# *Taking care of kids*

- **Caring for kids & their basic needs**

## *Proper hygiene*

- Hand washing
- Regular bath or shower
- Brushing, flossing teeth
- Covering mouth or nose for cough or sneeze



# *Taking care of kids*

- **Caring for kids & their basic needs**

## *Food Preparation*

- Anything other than warming food premade, steaming veggies, or preparing a meal prepared by parents should **explicitly** discussed.
- Don't forget, some people ( remember, kids are little people ) have allergies to certain foods & an allergic reaction can become a life-threatening event.



# *Taking care of kids*

- **Caring for kids & their basic needs**

- Diapers & helping kids use the bathroom*

- Yes, diaper changing could be involved so it is important to use the diapers & wipes that the parents want used. There is probably a good reason.
- & yes, you also may be called upon to help with the potty. So, it is very important as well to ensure cleanliness after a potty break.
- Don't forget, do your best to respect privacy for anyone at any age!



# *Taking care of kids*

- **Caring for kids & their basic needs**

## *Playtime*

- Part of due diligence is learning about your customer(s)
- Find out what types of games kids like to play or books they to read or movies they like to watch.
- Or you can spend the time just talking, the more you talk, the more the relationship can improve

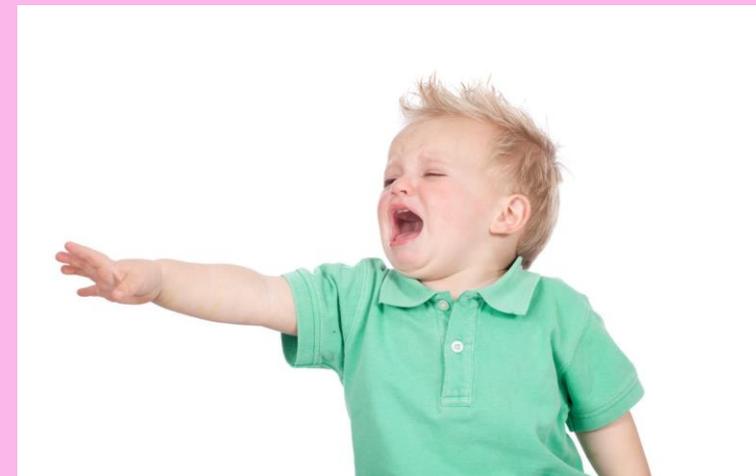


# *Taking care of kids*

## **Caring for kids & their basic needs**

### *Managing challenging behavior*

- Something else that can come from due diligence, find out from the parents for what is effective
- However, an effective method is to take a break/start over, time out, that should last 1 minute for each year of child`s age.



# *Taking care of kids*

## **Caring for kids & their basic needs**

### *Naps & Bedtime*

- Routine, routine, routine. It is important to remain in the routine that is already in place when it comes to naps & bedtimes.
- What can you do when someone is asleep, it is very important get the expectations of the parents about the entire length of your stay, including during a time of sleeping. You really don't want to assume everything you do is ok.



# *When things go wrong*

- **Recognizing a problem**-What is wrong? Someone is not acting right. What is that noise? What is that smell?
- **Taking action when it is time**-You are in charge right now, so it will be up to if a problem or potential problem arises
- **Getting help**-Do not be afraid to ask for help from anyone you know. You know who is a great resource when caring for kids, **YOUR** mom. The parent(s) you are sitting for may leave very specific instructions.
- **Before help arrives**-You may have to prepare a bag in case a departure is needed.

# *You can do it!*

- **Bringing it all together**-Create a basic plan to go on a babysitting job, you can always adjust it, however it is very important to have a plan.
- Have all your contact information with you, such as **911, Poison Control**, family & friends
- Make sure to let family or friends know of the job you are going on. Maybe contact them while you are working, update them on your wellbeing, you are important!!

- **Emergency Numbers:**

**911**

**Poison Control: 1-800-222-1222**