



## *Babysitter's Pledge*

*I have one of the most responsible jobs in the world. I'm taking care of a human being whose safety depends on me..*

# **babysitting**

*The Child and Family Services Act states that a child under the age of 12 can not be left unattended and without reasonable provision being made for the supervision and safety of the child.*



WINNIPEG POLICE SERVICE  
COMMUNITY SERVICES DIVISION - 986-6322

## ▶ HOW TO CHOOSE A BABYSITTER

- ▶ Word of mouth, relatives, neighbours, friends, school guidance counsellor, community information centre are good sources to find a babysitter
- ▶ Ask for and check references
- ▶ Ask if they have any first aid, CPR and babysitting training
- ▶ Ask how they would handle an emergency situation, and give examples
- ▶ Ask if they like pets (if applicable)
- ▶ Ask how they would deal with behaviour issues
- ▶ Ask how they would spend their time while babysitting your children

## ▶ PARENT-EMPLOYER ROLE

- ▶ Show the sitter the home and yard, pointing out off-limits or dangerous areas
- ▶ Show locations of first aid, fire extinguisher, fuse box and smoke detectors
- ▶ Provide information of allergies, medications, and bedtimes
- ▶ Provide nutritious meals and snacks as required
- ▶ Call home at least once, especially if your return time is changed
- ▶ Provide a list of phone numbers for emergency services, relatives, neighbours, and where you can be reached
- ▶ Pay the sitter promptly, and have the correct change
- ▶ Assure the sitter arrives and returns home safely

## ▶ CHILDREN'S ROLE

- ▶ Listen to the sitter, and respect their authority
- ▶ Behave acceptably
- ▶ Assist with small tasks like picking up toys
- ▶ Advise sitter of illness or injuries
- ▶ Advise parents of the sitter's conduct and ability

## ▶ SITTER'S PARENTS ROLE

- ▶ Ensure your child receives proper training, formal babysitting course, first aid and CPR training
- ▶ Ensure your child is mature enough to deal with the responsibilities of the job
- ▶ Support your child in their role as a sitter, and be available to give advice
- ▶ Know where and when your child is babysitting
- ▶ Ensure safe transportation to and from the sitting job for your child



## ▶ SECURITY POINTERS FOR BABYSITTERS

1 Do not accept a babysitting job without knowing the people who have phoned, or at least without a reference from someone you know.

2 If you are advertising your services and do not know the people who call, ask to have an appointment with them before the actual date of employment:

- to get to know the children
- to discuss your fee
- to discuss your duties
- to discuss your ride home and pick up.

If the conditions set by the family do not suit you, you have every right to refuse the job.

3 If an appointment is arranged, ask your parent(s) to accompany you in the event you are being lured into a dangerous situation. Don't be fooled by the sound of a voice just because it sounds honest and polite. Always inform your parents of what you are doing and who you are meeting.

4 When you are babysitting, ***know where the children are at all times and keep them in sight.*** If you are outside with the children and a stranger approaches them, collect them and go into the house. Lock the house and call the parents and let them know. If the stranger does not leave, call the police.

5 Never open the door for anyone. Never unlock it; keep it secure at all times. If there is a peephole, use it. If the peephole is covered, call the police immediately.

6 Do not admit strangers into the house on any excuse or story. If a stranger does come to the door and asks for assistance (because of some emergency, or must use the phone) offer to phone the number for them or summon the police to assist them.

### ***DO NOT LET STRANGERS ENTER THE HOUSE.***

7 If you receive a wrong number continually, report it to the parents. Never reveal to a caller that you are alone in the house. If the caller asks "Who is this?", a good response is "Who are you calling, please?" Never give out any information to anyone on the phone. How do you know if they are the friend or relative they may claim to be?

8 Know where all the doors are leading to the outside. Know how to lock and unlock each door and window.

9 Ask for the phone numbers where the people will be staying for the evening in the event of an emergency.

10 If the employer comes home in an intoxicated condition, call one of your parents to pick you up.

11 Do not invite your friends to help you babysit, as this only distracts you from your responsibilities.

12 In any type of emergency, call 911. Give your address and name and the nature of your problem. Do not shout. Attempt to control your emotions and speak clearly.

## ▶ **BABYSITTER'S ROLE**

- ◆ Meet with the parents before accepting a job
- ◆ Be physically and mentally prepared to babysit
- ◆ Be on time
- ◆ Provide sufficient notice if unable to babysit, and try to find a replacement
- ◆ Be watchful and alert, and stay awake unless told otherwise
- ◆ Keep children away from electrical appliances and other potentially dangerous areas
- ◆ Ensure that children are playing with safe toys in good repair
- ◆ Keep doors and windows locked, and not open doors to strangers
- ◆ Always keep children in sight, never unattended
- ◆ Amuse and care for children without using physical discipline
- ◆ Keep children at home, unless otherwise directed by parents
- ◆ Provide good physical care, clean diapers, warm clothing, etc., for the children
- ◆ Provide nutritious meals for the children as directed by the parents
- ◆ Respect the employer's personal property, and not snoop around
- ◆ Not do homework or watch television while the children are still awake
- ◆ Not listen to loud music or wear earphones
- ◆ Not make personal phone calls, or have friends over
- ◆ Not smoke, use drugs, or drink alcohol
- ◆ Keep the house tidy
- ◆ Know how to get in touch with parents, relatives, police and other emergency services
- ◆ Know the name, address and phone number of where I am babysitting, and ensure my parents also know

**KEEP THIS NEAR YOUR PHONE, AND ASK YOUR SITTER TO REVIEW SECURITY POINTERS ON REVERSE.**

**FAMILY NAME:** \_\_\_\_\_

**HOME ADDRESS:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_

**CHILD'S NAME(S):** \_\_\_\_\_

**ALLERGIES:** \_\_\_\_\_

**PARENTS CAN BE REACHED AT TELEPHONE:** \_\_\_\_\_

**FRIEND OR NEIGHBOUR NAME:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_

**Police/Fire/Ambulance & Poison Control Emergency - 911**  
**Police Non Emergency - 986 6222**