

### Babysitter Prep 101 - What they need to know!



Do you have babysitters? Do you rely on family and friends to babysit because you believe they are the safer choice?

Has your child been asked to babysit? Whatever category you fit in, this bulletin is for you!

Babysitters include your parents, in-laws, siblings, extended family, friends, neighbours, paid babysitter/ nanny, daycare staff and the neighbourhood teenage babysitter. They are alone with your children from a few minutes to a few hours everyday.

They may love your children, however can they save your children in an emergency?

How comfortable are YOU about your babysitters' safety practices? Are YOUR children safe in their care? Are YOUR babysitters prepared for an emergency and/ or prevention-focused?

If you have answered "no" to any of these questions, then read on...



#### Babysitter EMERGENCY Prep + Prevention TO DO list:

- Have all contact and emergency numbers accessible and near a phone (or programmed in the phone)
- Take a formal First Aid + CPR course (A professional teaching may provide more tips than parents)
- Perform mock choking and first aid scenarios to demonstrate your emergency response confidence
- Practice fire escape plans, setting the alarm, and shutting off the main power supply and water valve
- Pack a 'babysitter's kit' and check the First Aid kit stock. Review the babysitter info sheet from the parents

1. Parents are the boss and the children are your job! Children must be supervised at ALL times (chores + personal business may be done later). Parents need to be informed of any injuries (minor ones also) in case follow-up is required throughout the night/ day. Keep open communication.

2. What is an emergency and when is it necessary to call '911'? When should the parents be called? What are the contact numbers? Will a phone work if the power goes out?

3. How to call '911' (Take the baby with you? Leave the child and call? Use cordless or cell phone) What are other emergency numbers?

4. How to feel secure in the home: Neighbours' and friends' who are nearby to help or call. Who are not allowed to visit the home?

5. Travelling with the children in the car: how to install the baby/child car seats. Is a cell phone available to keep contact? First Aid kit in car?

6. Preventing choking AND how to rescue a choking baby/ child/ adult. Minimize having to bathe or take the children swimming (if possible).

7. Learn the locations of the main power switch and water turn-off valve. Where are the fire extinguishers, CO/smoke detectors, First Aid kits?

8. Be emergency prevention focused - the children are depending on you!

9. Rules of the household (What children are allowed and not allowed to do? Where are out-of-bound areas? Poison storage? Swimming pool rules? Visitors? TV time? Pets? Clean-up? How often to check on children sleeping? Phone time? Walking route and stores children allowed in?)

10. Discipline practices and routine of children (What forms of discipline are acceptable and not acceptable? Eating routine? Bed/ nap time? Play? Cultural/ religious practices? Permission to give medications?)

#### 10 things every babysitter/ family caregiver should know!

#### Hey (pre)teens...take the Red Cross Babysitting Course!



Taking care of yourself or someone else, especially a child, is a great responsibility. A great way to help your teen feel confident to face the challenges of babysitting is to enroll them in a babysitting course.

The Canadian Red Cross offers a newly revised and updated Babysitting Course that teaches kids aged 11 to 15 the skills needed to be ready for their first job – babysitting. The course was created to help youth

learn in a fun setting by talking about babysitting with other kids and doing activities in the class that help them with:

- ~Business basics (how to act on the job, resumes, talk about money)
- ~Caring for children (feeding, diapering, dressing, playing)
- ~First Aid and emergencies (when to call 911, safety inside & outside)
- ~Hands-on experience (practice diapering, role playing an interview)
- ~Answers to common problems (how do you stop a baby from crying, what do you feed a five-year-old?)
- ~Babysitting brothers and sisters
- ~Creating a babysitter kit

Best of all, teens receive the *Babysitter's Manual* that's theirs to use during the course and to take with them on babysitting jobs. The manual has checklists, activities and game ideas, a sample resume, business cards and as a bonus, Zellers coupons totaling \$16 off products just for teens.

The Canadian Red Cross Babysitting Course will teach your teen how to evaluate themselves after each job, and to be comfortable and confident in accepting the jobs that are right for them.

#### first aid/ wellness scenario #8

Answers next bulletin

1. What is the most common plastic and what makes it unhealthy?
2. What are 3 ways to be a proactive toy consumer?

Answers to last 2HEALTH Bulletin's scenario #7:

What 'root' food is great to stimulate immune system and to clear congestion and toxins during colds and flus:

Ginger

How do you make home-made (chemical-free) cough syrup:

Make syrup in glass jar, ½ filled with sliced garlic + onion. Pour in warmed raw (or Manuka) honey. Cover. In morning, strain out garlic + onion. Take 1 tsp as needed.

#### More resources about preparing your babysitters:

In-home First Aid + CPR training: [www.2health.com](http://www.2health.com)

Tips from Safe Sitter (U.S. non-profit company): [www.safesitter.org](http://www.safesitter.org)

Red Cross Babysitting Course: [www.redcross.ca/article.asp?id=628&tid=021](http://www.redcross.ca/article.asp?id=628&tid=021)

Daycare questions: [www.torontoems.ca/main-site/careers/safety-tips/daycare.html](http://www.torontoems.ca/main-site/careers/safety-tips/daycare.html)



This bulletin is a guideline on how to prepare your babysitters or family caregivers for an emergency and how to help them be prevention-focused. There are also resources included with this bulletin. Do your homework and you will have more peace of mind. More Prevention = Less Treatment.

#### NEXT BULLETIN:

Natural First Aid Kit for the family @ home + travel

[www.2health.com](http://www.2health.com)

416-873-8606

firstaid@2health.com

Building confidence in YOU to prevent, prepare for emergencies + be able to rescue in 60 seconds.

2HEALTH First Aid + CPR training is Red Cross certified

~ creating confident rescuers + safer homes since 1992 ~