

A Checklist to Tell if Your Older Child Is Ready to Watch Younger Siblings



SAFETY SKILLS

- ❑ Does she know and follow home safety rules, such as keeping doors locked or not using the stove or oven to cook when you're not around?
- ❑ Does she know how to handle encounters such as telephone calls or someone at the door?
- ❑ Does she feel comfortable being at home after dark when you're not there?



CHILD CARE SKILLS

- ❑ Does she have the maturity needed to stay calm and deal with challenging behavior from her younger siblings?
- ❑ Does she generally get along with her siblings?
- ❑ Does she understand the responsibilities of caring for them?



FIRST AID & RESCUE SKILLS

- ❑ Does she know how to handle a life-threatening emergency (i.e., know when and how to call 9-1-1)?
- ❑ Does she know how to perform choking rescue on a child that is choking?

Enroll your young teen in a Safe Sitter® class to give her the skills and confidence she needs when sibling sitting.

