

# Intro to Safe BABYSITTING

safesitter.org

by SAFESITTER



**CHANGING DIAPERS  
IN 10 EASY STEPS**



**6 TIPS ON HANDLING  
DIFFICULT BEHAVIOR**



**THINGS THAT THE  
BEST BABYSITTERS KNOW!**



**SAFESITTER**





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*Need more ideas?*  
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# *An Introduction to Safe* **BABYSITTING**

**Babysitting is a big responsibility.** When you babysit, you're responsible for a child's life.

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**T**his booklet will give you a glimpse into the responsibilities of a babysitter. To learn more about the safety skills, first aid and rescue skills, child care training, and business skills you need to babysit, go to [safesitter.org](http://safesitter.org) and find a class near you!

Being a good babysitter starts with being prepared. Here are a few quick guidelines about some of the things you will need to do in order to be prepared.



## **Know the indoor and outdoor safety rules**

you should follow, as well as any additional house rules that the employer may have about television and computer use, off-limit areas of the house, and outside play.



## **Be aware of your own personal safety**

and protect the privacy of the family you are babysitting for. Avoid posting online about your babysitting job, and do not take pictures of the children you are watching without permission from the employer.

*Check out the Students section at [safesitter.org](http://safesitter.org) for more tips on safety while home alone or babysitting!*



**Make sure you have access to a cell phone** or a landline phone for communication with the employer and for emergency use.



**Have the name and number of a nearby back-up adult** that you can contact for help if you need it.

Every good babysitter needs to know how to safely care for younger children, how to manage difficult behavior, and how to prevent injuries. The following pages will share some information about each of these topics. Are you ready?

*Let's get started!*





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