Safe Sitter® Help Sheet

Important Information

- Employer name
- Address
- Phone number
- Back-up adult name and phone number

Children's Routines

- Children's names and ages
- Allergies or medications
- Available snacks
- Rules for electronic devices
- Ideas to provide comfort

Behavior Tips

- Provide comfort
- Distract
- Give Choices
- Make a Game
- When ... Then
- Take a Break/Start Over

Babysitting Information

B – Bedtime
E – Entertainment
S – Snacks / Meals
T – Toileting

Emergency Numbers

Emergency Services
9-1-1

Poison Center
800-222-1222

Suicide & Crisis LifeLine
9-8-8

House Tour Checklist

- ☐ Fire escape plan and outside meeting place
- ☐ Off-limit foods
- ☐ Locks
- ☐ Alarm systems
- ☐ Children's rooms
- ☐ Off-limit rooms
- ☐ Diapering supplies
- ☐ First aid supplies

Responsibilities Checklist

- ☐ House rules for the children
- ☐ Rules for electronic devices
- ☐ Outside play
- ☐ Pet routines
- ☐ Guns locked up

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