




Sedona Police Department

Babysitting: Tips for Safety

Do

- Have name, address and phone number of your employer.
- Have directions to the job location.
- Arrange for transportation there and back home.
- Have emergency phone number and the location of where your employer can be reached.
- Have an alternate person to contact for an emergency if employer cannot be reached.
- Ask for special instructions from your employer.
- Know the locations and operating instructions for fire extinguishers and first aid supplies.
- Walk through the house with the employer to ensure all doors and windows are locked, and that you know the locations of all the rooms and all exits.
- Turn outside lights on.



Babysitting is a big responsibility. Take it seriously.

- Take a child /infant first aid class.
- Babysit for only people you or your parents know, or for whom you have a personal reference.
- Know when your employer expects to be back and if you have a curfew.
- Give your parents the name, phone number and address of the home where you'll be babysitting, and when you expect to be home.

Don't

- Allow strangers into the house unless your employer specifically informs you to let them in. If the stranger asks if you are babysitting or home alone, say you are visiting and you will deliver the message.
- Tell a caller that you are the babysitter alone with the children. Say you are visiting, and the child's parents can't come to the phone right now, but you will give them a message. If the caller persists, hang up.
- Go outside to investigate suspicious noises or activities. Turn on outside lights and call the police. Ensure that all doors and windows are locked.
- Invite friends over while you babysit. Your priority is to care for the children.
- Turn on the TV, stereo or computer too loud. You should be able to hear any unusual noise or a child's cry.
- Smoke on the job.

Safety, safety, safety

Each year, at least one child drowning in Arizona is attributed to a babysitter who answered a telephone or was speaking with friends while a toddler slipped into the family swimming pool, toilet, bathtub or dog bowl. A child can fall or pull a pot off the stove, wander outside or play with dangerous objects in the few seconds your attention is elsewhere.

A good babysitter focuses her or his attention on the children, and playing games with your charges is a good way to make friends. Remember to keep the games age-appropriate:

- Infants who are just discovering their bodies may throw, drop, tear, grab, and roll onto objects. Dangers include mouthing or swallowing dangerous objects, being helpless in water, and being smothered in pillows, blankets or clothes.
- Toddlers get into everything. The toddler likes to bang, push, pull, put in, take out, jump and run. Dangers include swallowing things, falling down, matches and lighters, heaters, poisons, and the stove.
- From age three and up, children like active physical games, arts and crafts, blocks, pretend, games of skill, and reading. Special dangers include streets, falls, stoves, heaters, matches and lighters.

Kitchen smarts

- Supervise children when they are in the kitchen. Be aware of fire and hot liquids and be aware of your clothing: roll up your sleeves during food preparation. Loose-fitting clothes can catch fire.
- Turn pot handles inward on the stove so children can't pull them down.
- Smother a pan fire with a lid. Never use water, which can splash fats and oils that cause burns.
- Roll up appliance cords so they can't be pulled down.
- If you have a hot drink in your hand, put the baby in the playpen so she can't get burned.

First aid and Fire safety



- about small injuries when they return home.
- For minor cuts, stop bleeding by applying gentle pressure with a clean cloth. Wash the wound and apply a bandage.
- Learn CPR. You can save a life.
- If a child swallows something unknown or poisonous call 9-1-1. Have the container ready so you can read it to the fire department on the phone.
- Show children how to stop, drop and roll in case their clothes catch on fire. Rolling smothers the flames. Use a blanket or rug to smother flames. Call 9-1-1.
- Put cool water on a burn to slow skin damage. If the skin is blistered, white, brown, or charred call 9-1-1.
- Check smoke detectors. Are they working?
- Know how to get children out of bedrooms if the front or back doors are blocked by smoke or fire. Walk through the house and take note of all your escape options.
- Shut doors to stop smoke from spreading. Show children how to crawl under smoke to get better air near the floor.
- If there's a fire get everybody out first, then call 9-1-1 from a neighbor's house.
- Do not return to a burning house to get possessions or even a pet. Call 9-1-1 and wait for the firefighters.

