



Babysitting Tips to keep you and your family safe



Our most precious resource.

Caring for young children is very important job. Babysitters are responsible for the children's safety and must be able to react quickly and correctly in case of an emergency.

Important Information for parents and sitter:

A babysitter and parents must be certain important information has been shared before the parents leave.

- Where are the parents going and when will they return?
- The phone number for parents, a relative and/or a neighbor can be reached in case of an emergency? Emergency numbers (9-1-1, poison control). The home address posted near the phone.
- Child's information (full name, date of birth, special food or medications / dosage, allergies). Health insurance information?
- Know the home escape plan and how to get the children out of the house. Be sure the home has a working smoke alarm.
- Know CPR. Never leave a child unattended when in a bathtub. If the home has a swimming pool, be sure all gates, access doors, doggy doors and windows are closed and locked.
- If meals are to be cooked, remember kitchen safety rules.

Remember, Children need to be watched at all times!

See other side for more important information



For more safety information please visit our website www.phoenix.gov/fire

Or call the Phoenix Fire Department
Community Education Bureau at 602-262-6910

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More Things to Know:

- If the home has a swimming pool, be sure all gates, access doors, doggy doors and windows are closed and locked.
- A baby sitter should not talk on the phone when taking care of children (unless there is an emergency).
- Don't open the door to strangers, even if they claim to be friends or neighbors of the family, unless parents gave prior authorization.
- Keep doors and windows locked.
- Know where a flashlight is.
- What time is bedtime?

Caring for young children is a big job. A babysitter must be able to react quickly and correctly in case of an emergency.

- The infant is discovering his body. He likes to throw, hold, drop, tear, grab and roll. Dangers - puts things in his mouth, helpless in water, and can easily smother.
- Toddlers are getting into everything. The toddler likes to bang, push, pull, put in, take out, jump, draw, and color. Dangers - swallowing things, falling, matches and lighters, heaters, poisons, and the stove.
- From the age of three on, children like active physical games, arts and crafts, blocks, pretending, games of skill, and reading. Dangers: streets, falls, stoves, heaters, matches and lighters.

Be Safe

- Keep matches and lighters locked away from children.
- Trade sharp and electrical objects for something safe to play with.
- Keep portable heaters away from play areas, curtains, furniture, and the children as well. Contact burns are common for toddlers, especially if they fall against hot surfaces like space heaters.
- Don't smoke on the job. Baby-sitters have caused child deaths by smoking.

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