

Babysitting Safety



Responsible Babysitting

Part of being a responsible babysitter means protecting yourself as well as the children you are watching over. Here are a few safety tips to assist you in performing your duties and make you a more dependable babysitter.

Babysitting checklist

- Name, address and phone number of parents
- Directions to the job location
- Transportations arranged for you
- Location and phone number of parents in case of an emergency
- Alternate person to contact if the parent cannot be reached
- Special instructions from the parent
- Location and instructions on the use of safety equipment such as fire extinguishers and first aid kits.
- Walk through the house to ensure all the doors and windows are locked.
- Turn outside lights on.
- Have emergency numbers and note taking materials by the phone.

Important information and considerations

Before accepting a babysitting job, get specific information about the following:

- Number and ages of the children you will be watching.
- Bed times
- Food and eating requirements, medicine or allergies
- Information about the personal habits of the children and what is expected of you
- Consider learning first aid and CPR

Things to remember

- DO NOT allow strangers into the house.
- DO NOT tell a caller that you are the babysitter and alone with the children.
- DO NOT go outside to investigate specific noises or activities. Turn on outside lights and call police. Be sure that all doors and windows are locked.

The Bismarck Police Department wants you to be safe. By practicing safety, you will reduce the opportunities criminals look for when targeting a crime victim.

For more information on safety please call the Bismarck Police Department Crime Prevention section at 223-1212 or visit us on Facebook at www.facebook.com/bismarckpolice