

baby~ sitting guide

*for
young
people*



nsw commission for
children & young people

The Babysitting Guide is a resource for kids working as babysitters, with practical tips for a safe and positive experience.

We also have a guide and checklist to help parents work with their babysitters to get the best results for everyone.

- [Babysitting Guide for Young People](#)
- [Babysitting Guide for Parents](#)
- [Babysitting Checklist](#)

thinking about babysitting?



*here are
some handy
tips ...*

before you start

- **Get all the information you need from the parents,** including their address, contact phone numbers, how many children you'll be babysitting, the children's names and ages and any allergies or medical conditions they have.
- **Agree on the hours you will be working, how much you will be paid and exactly what is expected of you.** If you aren't sure about a fair rate of pay, check with friends who do babysitting, or ask your own parents for advice.
- **Ask to meet the parents and children face to face** before you start so you can all get to know each other and feel comfortable.
- **Learn basic first aid.** You could do a first aid course with [St John Ambulance](#) or [Red Cross](#).
- **Learn the emergency phone numbers.** The emergency fire, police and ambulance number is 000 and the poisons information number is 13 11 26.

- **Prepare some activities** for the children. Make sure these are safe, and suitable for the weather and choose things you can do together.
- **Let your parents know where you will be** and what time they should expect you home or come to pick you up.

The **Babysitting Checklist** sets out all the details you should have before the parents leave

on the job

- When you arrive at the parents' house for the first time **ask them to show you around** so you know where everything is. Don't be afraid to ask questions – the more you know the better you can do the job.
- Before the parents leave **make sure you feel comfortable** with the house rules, their approach to discipline and any expectations they have of you. If you're not sure about anything, ask! The [Babysitting Checklist](#) can help.
- **When babysitting don't leave children alone.** Watch out for hazards around the home such as unclosed gates, toys left on stairs, appliances left on or small objects kids could choke on left in reach. **Never just assume they will be ok!**
- **Keep to the house rules.** Don't invite friends over and don't use the phone or internet for long periods unless the parents have told you it's okay.
- It's also important to **respect family differences** and understand that other families may have different ways of doing things.

- **Clean up.** Try to leave the house as you found it.
- **Try to stay calm if there's an emergency.** Call for help and follow the advice you receive from emergency services.
- When the parents return, talk to them about any problems you've had. **It's better to be upfront about problems, rather than have the parents find out later.**

When you get home tell your parents if anything happened that made you feel uncomfortable or worried while you were babysitting. You can also call the Kids Help Line on 1800 55 1800 to talk about any concerns you have.

If you have regular babysitting jobs or have other income, you may need to complete a tax declaration form. See the [ATO](#) website for more information.



Use the Babysitting Checklist to collect specific information from the parents about the children you'll be babysitting.

Here are some links for general information on:

- what young children and infants can eat – [diet](#)
- allergies that children may have – [health](#)
- how to change a disposable nappy correctly – [changing procedures](#)
- how to settle a baby, bottles in bed and the dangers of [SIDS – nap time](#)
- Responding to a [crying baby](#)
- what to do about [asthma](#)
- what to do in an emergency – first call 000 then administer [first aid](#) and/or call poisons information on 13 11 26
- rules for crossing roads, playing near car parks or busy streets – [road safety](#)
- [safety in the sun](#). Remember, kids are more likely to get burnt than adults
- [swimming pool safety](#). **Never** leave a child unattended in or near a pool
- [bath safety](#). Drowning is quick, silent and can happen in very shallow water. **Never** leave a child unattended in the bath. Remember, hot water can burn very quickly. **Check the temperature of bath water and keep hot drinks out of reach**
- [passive smoking](#) is dangerous for children. Don't smoke around children when you are babysitting.

You might like to keep a diary of your experiences while babysitting. It could be useful when you apply for future jobs.

**In an emergency always
call 000 first**

Remember that alcohol, some medications and drugs can affect your judgement, so don't use them when you are babysitting.

**NSW Commission for Children and Young People
Level 2, 407 Elizabeth Street
Surry Hills, NSW 2010
Ph (02) 9286 7276**