



Introduction to Child Care

My Story



I started as a Mother's Helper when I was 13 years old and I still babysit to this day!

Mother's Helper vs. Babysitter

Mother's Helper: Watch the children while the parents are home

Babysitter: Watch the children while the parents are not home

Babysitters usually get paid more because they have more responsibility!



The top 10 list of what parents want in a babysitter

- Responsibility
- A genuine interest in their children
- Sensitivity to their children's needs
- Honesty
- Punctuality
- Kindness and gentleness, but firmness when needed
- Respect for parents' privacy and possessions
- Ability to be focused and calm on the job
- Common sense
- Friendliness

How Do I Get Started?

- Let your friends, family, parents friends and co-workers know you're interested in babysitting
- Do a good job & get recommended!
- Neighborhood
- Pet sitting



You Received a Call to Babysit Now What?



- Set up a time to meet before you go babysit (bring your parents)
- Find out age and gender of the children, how many
- Discuss \$\$\$
- Discuss how you will get home
- Write it down! Put it on your calendar!
- If don't feel comfortable with the children or parents...don't watch them

When You Meet Them Ask About...



- Any Allergies/Medications
- TV/Screen time
- What are they not allowed to do/house rules
- Discipline
- Find out where extra diapers, clothing and everything is.

Money



- **Whatever the family offers? Going rate around your neighborhood? \$5-8 hour**
- **Charge per child? Charge one flat fee?**
- **As you get older and more experienced you can start to charge more**
- **Discuss before you get there!**

Quick Tips for Being the Best Babysitter Ever!!!

KIDS

- Have FUN be YOURSELF and be confident
- Be interested in what the kids are interested in (or at least seem interested) Make them feel like they matter.
- Be fun!!! You want them to get excited when they know you're coming over
- Your body language can speak more than your words do. But tone does matter!
- Did the parents say no tv? If the tv is on it should be their shows, not yours! Don't just sit and watch tv
- No talking on the phone, texting okay. Have the phone near by but don't be glued to it!
- When the kids are asleep have age appropriate show on

Quick Tips for Being the Best Babysitter Ever!!!

PARENTS

- Don't post pictures
- Social media appropriate
- Don't invite people over
- Don't eat all of their food
- The baby wont stop crying and you tried everything?
Something happened? Call parents!
- If I ask too many questions will I seem inexperienced?
No, ask away!
- Don't cancel on a family, if you do give ample notice, emergencies only.
- Have a friend that could fill in?
- Be honest with them



Before They Go Make Sure to Know!

- Ask the parents anything you aren't sure about
- Always come a few minutes early
- Have their cellphone #'s? Number where they will be? Dr./ hospital numbers, neighbors number, etc
- Bed time
- What and when to feed the kids?
- Discipline that the family uses? Time out, no electronics etc
- Bedtime ritual
- Call 911 then call you? What to do incase of an emergency
- When they will be home

Fill Your Babysitting Bag With...

- Stickers
- Coloring books
- Band-Aids
- Bubbles
- Books





Ages & Stages



Babies



- **Put EVERYTHING in their mouths, choking hazards**
- **They learn by listening, looking and touching**
- **Newborns; always support the neck**
- **Milestones: 6 months rolling over, 9 months crawling and standing with help, 12 months walk without help, say a few words**
- **Cry: wet, hungry or unhappy. Pick up, move around**



Time to Eat



- 4-6 months babies start to eat solid foods. Cereal mixed with formula, canned baby foods etc. Takes a while for the babies to eat, small spoonfuls, usually dribs out of mouth.
- Baby bottles; formula or breast milk. Parents will let you know before they leave what to do, how much and how to heat up
- Check the bottle temperature, test on arm. Parents will tell you how to heat up the bottle (warmer or microwave –no tops on)
- Bib, towel for you to clean messes and to burp baby afterwards. Bottle angled to get milk not air
- Burping, burp after and sometimes half way through, pat the baby on the back, gets the air out. Too much air can cause discomfort and tummy aches.
- Babies do spit it. Its okay, just clean it off and change clothing if needed.

Diaper Duty



- **Never leave the infant unattended on the changing table**
- **Have all supplies in arms reach**
- **Distract the baby with a toy/keep them busy**

Toddlers 1-2 years old

- Always on the go, curious, have short attention span
- Playing with toys, active activities, get into everything
- Games and finger play (itsy bitsy spider, if you're happy and you know it)



Preschool 3-4 years old

- They like doing things on their own
- Love attention
- Pretending/imaginary play
- Making projects
- Parallel play; playing the same thing next to each other, interact with each other while speaking or playing
- Games: Mother may I? Red light, green light



Separation Anxiety

- Reassure them, parents will be home soon, don't lie!
- “When you wake up Mommy will be home!”
- “Let's go find her!” Go on a search and they will get distracted



Time to Eat, Again!



- Make sure the kids are safe while you prepare the food.
- Feed only what parents said are okay
- For younger kids; cut food into small pieces, cut small round things in half (grapes/hot dogs)
- Don't serve food that is too hot, let cool for a little bit.
- Put leftovers away
- Make sure the baby is properly in their seat, strapped in.
Don't leave them alone while eating

- **Do not serve food in glass. Kid safe plastics.**
- **Always clean up after yourself. Leave the house cleaner than when you got there**
- **Finish dinner before dessert**
- **‘Plane’ with spoon, pretend you’re going to eat their food**





Bedtime routine

- 30 minutes before their bedtime start to quiet down.
- Bottle before bed? Brush teeth? Use the bathroom? Change diaper? Change into PJ's?
- Reading a book, singing a song.
- Babies; rock them to sleep
- Let them know in "15 mins bed" etc
- Stick to the parents times but don't go crazy if you can't get them to bed right away

Can't Get Them to go to Bed?



- Turn the nightlight and/or sound machine on
- Sit in the room with them until fall asleep
- Once they fall asleep check on them every once in a while
- Have the monitor on, bring it with you where you go!
- Baby wont stop crying? Stay calm! Change diaper, feed, soothe them.

But My Mom Lets Me.....

- If you don't feel comfortable don't do it!
- Offer a substitute or give them other choices
- Always think about safety, enforce rules calmly, make an agreement
- Kids will try to trick you to do what they want
- Be **FIRM** but **FUN!!!!**





Fighting

- “I cant understand you when you a whining!”
- Give some time to cool off and settle down.
Try not to yell but be stern!
- See what happened, talk it out. Apologize.
Move on!
- Don’t smile! Did you lose your smile?



Be Careful!

- **Make sure all doors are locked as soon as parents leave! Don't answer the door.**
- **Don't answer the phone unless it's the parents number.**
- **Be carefully with little kids around stairs! Always keep an eye on the kids!!!**
- **Be careful with hazardous materials/sharps**
- **Be sure to know where the first aid kit is**

Safety/First Aid

- Do NOT panic!
- Call the parents or 911
- Don't feel comfortable then don't let them do it
- Babysitter phone number list/address
- Certified first aid and CPR/AED- baby & kids different





- If you have to go to the bathroom, have the child secure somewhere where they are safe. Go before you get there and while they are sleeping.
- Kids are asleep, clean up a little bit then relax, have the kids help you clean up, make a game out of it
- Take care of the animals as well, feed, let out etc.
- Don't feel comfortable with the parents driving you home, get your parents to get you, always be safe