

Tips for Choosing a Baby-Sitter

Interview all potential baby-sitters.

Ask the baby-sitter's age, if (s)he is a teen. If you have very young children, you will want to find an older teen.

- Talk about the baby-sitter's past experience.
- What activities is (s)he involved in?
- Why is (s)he interested in baby-sitting?
- What does (s)he enjoy doing with children?
- Has (s)he taken the Red Cross baby-sitter's course?

Ask for references. Talking to people who have hired this baby-sitter in the past will give you an idea of the baby-sitter's reliability and trustworthiness.

Invite the baby-sitter to your house.

This will give you an opportunity to observe the sitter interacting with your children, and to show the baby-sitter around your home. Discuss your views on discipline and child care. Make sure that the sitter understands appropriate forms of discipline. Discuss the household rules, and tell the baby-sitter how you expect your child to be treated.

Be sure the baby-sitter understands your rules on visitors, bed times, snacks, etc.

Leave important telephone numbers with the baby-sitter (neighbors, nearby relatives, doctor, fire, police) in case an emergency should arise.

Talk to your children about the baby-sitter.

It is important for your children to be comfortable with the baby-sitter. Respond to concerns your children may have. Listen to your children and trust them.