



Bloomington Fire Department
Public Education Office

Baby-Sitting Safety

Guardian's Rules



- ✓ **Know your baby-sitters!** A baby-sitter should be old enough to provide responsible care for your child. Ask yourself if the person is mature enough to respond correctly to an emergency. If the answer is no, find someone else.
- ✓ In addition to your regular sitter, interview and **have available the names of several "back-up" sitters.** This way you will not be tempted to fill in for your regular sitter with someone who is incapable of providing safe and responsible care for your child.
- ✓ Once you have chosen a responsible sitter, **develop a list of emergency information.** (See reverse). This information will be critical if an emergency arises. Post it by the phone, and be sure to discuss it with the sitter before leaving.
- ✓ In addition to the emergency information list, **provide the sitter with the rules of the household.** (See reverse).
- ✓ **Take the sitter on a tour of your home.** Emphasize the closest exits from each room. Test your smoke detector with the sitter so that the sitter will know what the sound means. Discuss what you expect the sitter to do in case of fire or other emergency.
- ✓ Try to schedule visits by friends and delivery personnel so that they arrive when you are home. If you cannot, **inform the sitter of anyone scheduled to stop by,** including possible deliveries.
- ✓ **Inform the sitter of the time you expect to return home.** Be at home at that time, or call to inform the sitter of your adjusted return time.
- ✓ During an emergency, it is easy to forget simple information. Be sure to **write down your home address, phone number, and directions for eaching your house by emergency personnel.** Put this information next to each phone in the house. If the sitter has to call 9-1-1, this information will ensure that emergency help can respond quickly.

Baby-Sitter's Rules

When baby-sitting, you need to know how to care for children in a responsible and safe way. Following sound fire and life safety practices ensures the safety of the children in your charge.

- ◆ Take the time to **discuss emergency information with guardians.** Write down the information (see reverse) and post it by the phone.
- ◆ **Ask guardians to allow extra time to show you the house.** Locate two ways out of every room, especially the child's bedroom. Think about how you and the child would leave the house in case of a fire. Test the smoke detector to make sure it works and to hear the sound it makes when it goes off.
- ◆ **Place matches, lighters, and other smoking materials out of reach of children.**
- ◆ **Keep children away from anything that can burn them** such as wood stoves and portable heaters.
- ◆ **If you have permission to cook, cook safely.** Turn pot handles in so that children cannot reach them, confine young children safely out of the cooking area, avoid tablecloths (they and hot food/beverages can be pulled onto toddlers), and always secure a child in a high chair. Also make sure that heated food (especially microwave-heated food) is cool enough to eat before serving it.
- ◆ **Never leave a child unattended in a bathtub or wading pool,** not even for a moment.
- ◆ **Lock doors and windows, and do not open the door to unauthorized callers.**
- ◆ **If you smell smoke, see flames, or hear the smoke detector, immediately gather the children and leave the house.** Have a prearranged meeting place, one that you have discussed with the children. Once you are out of the house, **STAY OUT!** Take the children to a neighbor's phone and call the fire department 9-1-1 number from there.

SMOKE ALARMS SAVE LIVES

CARBON MONOXIDE ALARMS SAVE LIVES

SMOKE ALARMS SAVE LIVES

A Public Fire Safety Message from the Bloomington Fire Department



YOUR SAFETY IS OUR MISSION

PROUDLY SERVING BLOOMINGTON SINCE 1868





Bloomington Fire Department
Public Education Office

Baby-Sitting Safety

EMERGENCY CHECK LIST

Make multiple copies of this checklist. **Take a copy with you each time you baby-sit.** Sit down with the guardians and complete this list. Post it by the phone.

General Home Information Checklist

- | | |
|--|--|
| <input type="checkbox"/> Telephones | <input type="checkbox"/> Water shut off |
| <input type="checkbox"/> Fire escape plan | <input type="checkbox"/> Alarm system |
| <input type="checkbox"/> Circuit box | <input type="checkbox"/> Doors (work & lock) |
| <input type="checkbox"/> Thermostat | <input type="checkbox"/> Smoke alarms |
| <input type="checkbox"/> Light switches | <input type="checkbox"/> First aid supplies |
| <input type="checkbox"/> How to operate stove/microwave dishwasher | <input type="checkbox"/> Circuit box |

Emergency Phone Numbers

Police _____
 Fire _____
 Ambulance _____
 Neighbors _____
 Relatives _____

Emergency Information

Family Name _____
 Phone No. _____
 Address _____
 Apt. No. _____
 Directions for Reaching this Home _____

Guardians will be at—

1. _____ Phone. _____
 2. _____ Phone _____
 Estimated Time of Return: _____

Child(ren) Information

NAME _____ AGE _____

Medical Allergies

1. _____
2. _____
3. _____
4. _____

Medications

1. _____
2. _____
3. _____
4. _____

Food Allergies

1. _____
2. _____
3. _____
4. _____

NAME _____ AGE _____

Medical Allergies

1. _____
2. _____
3. _____
4. _____

Medications

1. _____
2. _____
3. _____
4. _____

Food Allergies

1. _____
2. _____
3. _____
4. _____

Emergencies: In the event of an emergency, and I am unable to be reached, I give consent for emergency medical treatment to be given to my child.

Guardian _____ Date _____

Guardian _____ Date _____

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