

**PITTSBORO POLICE DEPARTMENT
BABYSITTING TIPS**

- Before you take on a babysitting job, let one of your parents speak with a parent of the children you will be babysitting so they can get to know them and ask questions that may be of concern.
- Always provide your parents with the name, address and phone number of the family you will be sitting for.
- When you arrive make sure you speak with the parent(s) and ask any questions before they leave. Make sure you understand their directions. Don't be afraid to ask again if something is not clear.
- Get a telephone number and location where the parent(s) will be. Also get an expected time of return. **Write this information down.**

LOCATION OF PARENTS _____

TELEPHONE NUMBER _____

TIME OF RETURN _____

- It is a good idea to have one of your parents call you at the location just to ensure everything is okay. Think of this as a way to find out if the phone is working properly.
- Try to learn the phone number and address of the location you are at. This can be very valuable if there is an emergency. Keep the following numbers nearby:

POLICE _____ FIRE _____

DOCTORS _____

NEIGHBORS _____

WE ARE AT PHONE # _____

WE ARE AT ADDRESS _____

- Learn the full names of the children and their descriptions, such as:

CHILD'S FULL NAME _____

AGE _____ HEIGHT _____ WEIGHT _____ HAIR _____ EYES _____

CLOTHING _____

CHILD'S FULL NAME _____

AGE _____ HEIGHT _____ WEIGHT _____ HAIR _____ EYES _____

CLOTHING _____

CHILD'S FULL NAME _____

AGE _____ HEIGHT _____ WEIGHT _____ HAIR _____ EYES _____

CLOTHING _____

- If the children are allowed to go outside to play, make sure you know where they are and when they will return.
- If the family has a swimming pool, never leave the children unattended. **NOT EVEN FOR A SHORT PERIOD OF TIME!**
- It is not a good idea to have friends visit you or have long phone conversations while you are babysitting. Think about it. Your attention is not directed toward the children while this takes place.
- If the parent(s) you are sitting for arrive home and have been drinking, politely refuse a ride home. It is a good idea to pre-arrange transportation anytime you baby-sit in the event of a change of plans. Staying the night may also be an alternative, if you are comfortable with that.
- Ask you parents if you can take a first aid class that includes how to do CPR.

CRIME PREVENTION AND SAFETY WHILE BABYSITTING

- Know the layout of the home you are in. Plan in advance an escape route for a fire or if an intruder enters.
- Keep all doors and windows locked and turn on outside lighting front and back.
- Close curtains and shades at dark to keep others from knowing you are there alone.
- **NEVER LET A STRANGER IN!** Don't be embarrassed to insist on proper identification from anyone. If he/she can't produce it don't let him/her in. Call 911 and let a police officer check them out. All police officers carry photo identification.
- If there is a peephole on the door, use it. Then you can see who you are dealing with.
- Make sure the children understand they are not to open the door for any reason.
- If someone comes to the door and asks to use the phone for an emergency, offer to call 911 for them. **DON NOT LET THEM IN!**
- Do not provide any information over the phone to someone you do not know. Tell the caller that the residents are busy and you will take a message or ask them to call back. Do not tell them you are by yourself or when the residents will return home.
- If you become frightened or suspicious by noises or subjects in the area CALL 911.
- If you should call 911, be prepared to answer the following questions:
 - NAME
 - ADDRESS
 - WHERE ARE YOU CALLING FROM?
 - WHAT HAS HAPPENED?
 - WAS ANYONE HURT?
- Once police have arrived there may be more questions.
- When you call 911, **DO NOT HANG UP UNTIL YOU ARE TOLD TO DO SO!**