

# Guidelines for Choosing Babysitters

You should screen anyone who supervises your child. The following are some things to consider when choosing a babysitter.

- Ask each prospective babysitter for names and phone numbers of other families for whom he or she has worked. Call the parents and find out what they think of the babysitter. Ask whether there were ever any problems.
- Let the babysitter know your family safety rules, including touching safety rules. Tell him or her that you have taught your child to tell you when any of the rules are broken, even if the child has been told to keep it a secret.
- Occasionally return home early or unexpectedly so you can see firsthand how things are going. You could also call your child sometimes while you are out.
- Ask your child whether she or he likes the babysitter. If your child does not like the babysitter, ask for more information. Do not leave your child with someone that she or he doesn't like.
- Never leave a child in the care of someone who is using drugs or alcohol. Drugs and alcohol undermine a person's judgment.

*\*Adapted from the Talking About Touching Curriculum, Committee for Children*