



Tips and Information for your babysitter:

The Instructions

Before leaving always ensure that your sitter is armed with the following information:

- Go through your child/children's routine and the general household rules.
- Ensure the sitter knows where you will be and under what circumstances she may phone you or emergency services. Provide an emergency phone list including your own number and address.
- Ensure she knows where to find numbers for emergencies including the poison centre number.
- Demonstrate how to enable and disable your security systems and alarms. With South Africa's high crime rates this can be imperative.
- Let the sitter know about any allergies or special needs your child/children may have. If medication needs to be given to your children right down specific directions for the administration of these, including time and amount.
- It may seem strange but it is advisable that your children are also aware of emergency numbers and how to dial them in case anything happens to your babysitter.
- Explain any guidelines and expectations you have with regard to leaving the house or use of the phone etc, clearly to your sitter.

House rules and other information

It is important that both your sitter and your children know the rules for while you are gone, and it is a good idea to have your children sit in on this explanation so that there is no arguing with the sitter from the children about instructions once you are gone. Discuss snacks, rules for TV, time for bed, and what you expect from your sitter and children.



Print out the following form and fill it in, keep it handy and go through them with the babysitter before leaving home, this form could be invaluable in an emergency and ensures your babysitter knows what is expected:

Parents details	
Children's names, gender and ages	
Home address	
Directions	
Postal address	
Home phone number	
Work phone number	
Cell phone number	



Partners cell phone number	
In Case of Emergency	
Important Names and Numbers	
Hospital or urgent care phone number	
Emergency numbers	
Types of less urgent situations that would not warrant phoning you	
Medical information in case of emergencies	
Date of birth of each child	
Any food allergies or other medical conditions	



Information about any medications that the children may need to take	
Play activities your child/children enjoy	
Please describe each of your children's interests, hobbies and personalities	
Do any of your children have a physical or mental disability or handicap?	
Please describe in detail, what, if any, special care is required	
What are your guidelines for TV viewing, computer, video games & phone	
Describe your bedtime routines	
How should discipline issues should be handled?	
Rules for playing outdoors	
Areas of the house or specific activities not permitted while you are out	



What and where are your children allowed to eat and drink, including any foods that are off-limits	
Instructions for answering the phone	
Information about any pets and their care	