

## **Banff Trail Family Babysitting Cooperative**

### **Sit Checklist**

Communication is essential to your children's safety and ensuring a great babysitting experience. There's no such thing as too much information when it comes to leaving your children with a babysitter. The following are a list of questions you can consider discussing with your babysitter. You can also consider creating your own communication information sheet with important information for your sitter so you are prepared any time.

1. Provide a tour of the house, indicate location of important items
  - a. Phones
  - b. First aid supplies
  - c. Emergency phone list
  - d. Home alarm system and instructions
  - e. Flashlight
  - f. Thermostat
  - g. Blankets / child's outerwear
  - h. Location of children's room(s)
  - i. Location of toys and craft supplies
  - j. Diapering/potty supplies
2. Emergency information
  - a. Emergency contact numbers
  - b. House address and closest intersection
  - c. Alberta Health Care number(s)
  - d. Medical conditions of consequence
  - e. Expected time of return
  - f. Potential refuge options in the event of evacuation
3. House rules and discipline approaches
  - a. TV, computer usage
  - b. Time outs or diversion approaches
4. Safety concerns and provisions taken
  - a. Pets
  - b. Chemical or medicine storage cabinets
  - c. Smoking
  - d. Unfenced yards
  - e. Stairs
  - f. Gun storage
5. Specifics related to the child
  - a. Allergies
  - b. Nap and bedtime routines
  - c. Meal and snack routines
  - d. Food restrictions
  - e. Instructions and doses of medication
6. Permission to transport your child
  - a. Location of strollers, wagons
  - b. Suitable car seats