

Babysitter Playbook

A simple guide to help babysitters feel confident, prepared, and safe.

You've got this.

Vital Skills Solutions

CPR • AED • First Aid Training
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ABOUT THIS GUIDE

Every great babysitter starts the same way, a little nervous and full of questions. This guide will help you feel prepared and confident.

This playbook walks you through the key steps of a babysitting job. Even experienced babysitters use checklists. It's not about being perfect. It's about being ready.

How to Use This Guide

Before you say yes

Read pages 1–2 to know what questions to ask.

The night before

Review the Getting Ready checklist on page 3.

When you arrive

Use page 4 to make sure you have everything you need.

During the job

Use page 5 if you're unsure what to do.

What Makes a Great Babysitter?

Great babysitters are trusted helpers. Parents rely on them to keep kids safe, calm, and cared for.

It's not about being cool or having all the answers. Great babysitters are calm, honest, and reliable. They ask questions, follow the parents' rules, and keep kids safe. That's it. You can do this.

Quick reminder: It's always okay to call the parents. That's not a sign of weakness. It's a sign of maturity. Good babysitters ask when they're unsure.

WHEN SOMEONE ASKS YOU TO BABYSIT

When a parent calls or texts to ask if you're available, it's totally fine to say you need a minute to ask a few questions. Good questions help you decide if the job is a good fit and show parents you take it seriously.

The Babysitting Call

You can say:

That sounds great. Let me ask a few quick questions.

This shows you're organized and prepared. Parents love that.

Then work through this list:

- What are the kids' names and ages?
- What date and time is the job?
- What time do you expect to be home?
- What is the address?
- Does anyone have allergies or medical needs I should know about?
- What is the bedtime routine?
- Are there pets in the home?
- Will anyone else be home during the job?
- What is the best number to reach you?
- Who should I call if I can't reach you?

Talking About Pay

If a parent asks what you charge, it's okay to give a range or ask what they usually pay. Either option works.

Option 1

"Many babysitters charge around \$10–\$15 per hour depending on experience and number of children."

Option 2

"What do you usually pay your sitters?"

Rates may depend on:

- number of children
- ages of the children
- how long the job lasts

GETTING READY FOR THE JOB

A little preparation the night before makes everything easier. Go through both lists before you head out.

Must-Have

- I know the address and how I'm getting there.
- My phone is fully charged.
- My phone is not on silent.
- Both parents' numbers are saved in my phone.
- I know what time to arrive.
- I ate beforehand (if dinner is not included).
- I know what time the job ends.

Nice to Bring

- Phone charger
- Small notebook or notepad
- Water bottle
- A few activity ideas in mind
- A book or homework for downtime

Showing up prepared means showing up confident. Parents notice when a sitter is organized. It's one of the simplest ways to build a great reputation.

★ Babysitter Pro Tip

Before the job starts, save these in your phone:

- Parents' cell numbers
- Home address
- Emergency backup contact
- Poison Control: 1-800-222-1222

EASY ACTIVITY IDEAS

Having a few ideas in your back pocket means you're never stuck when a kid asks "what are we doing?" Pick a few that fit the age group.

Younger Kids

- Coloring books
- Reading picture books
- Simple puzzles
- Building toys / blocks
- Simple pretend games

Older Kids

- Board games (Uno, Go Fish, Jenga)
- Drawing or comics
- Crafts or origami
- Scavenger hunt
- Teach them a cool skill you know

All Ages

- Freeze dance
- Team drawing on one big paper
- Blanket fort
- Bubbles outside
- Simple sorting games (cups, spoons, small toys)

YOUR NIGHT ON THE JOB

Fill in before you leave. Keep this with you all evening.

Family name:	_____	Home by:	_____
Address:	_____	Parent cell #1:	_____
Parent cell #1:	_____	Parent cell #2:	_____
Backup contact:	_____	Doctor / pediatrician (if known):	_____
Bedtime:	_____	Allergies / special needs:	_____
Wi-Fi password:	_____		

When You Arrive, Ask:

- Where is the first aid kit?
- Where are the flashlights?
- Any allergies or medical needs?
- What's the bedtime routine?
- Are snacks okay? What's allowed?
- Any rooms that are off-limits?
- Any house rules I should know?
- Who should I call if I can't reach you?

Confirm Before They Leave:

- Both numbers saved in my phone.
- Phone volume is on.
- I know what time they're home.
- I know where the kids sleep.
- I've reviewed their info sheet.

Setting the Tone:

- Greet kids warmly by name.
- Let them show you around a little.
- Stay calm. Your energy is contagious.
- Phone away. Kids come first.

If a child cries when parents leave: stay calm, offer a distraction. Most kids settle down in a few minutes.

My Notes for Tonight

Kids' mood, what we did, bedtime, anything to tell parents.

FIRST AID QUICK REFERENCE

Stay calm. Find the situation. Follow the steps.

911 For any life-threatening emergency — call 911 FIRST.

Then call the parents. Stay on the line with the operator.

CHOKING — Child over 1 year

- 1 Can they speak, cry, or cough forcefully? Encourage coughing.
- 2 If they cannot breathe or make sound: stand behind them, give 5 firm back blows between shoulder blades.
- 3 Give 5 abdominal thrusts (Heimlich). Repeat back blows + thrusts.
- 4 If they go unconscious: call 911 and begin CPR.

CHOKING — Infant under 1 year

- 1 Hold face-down on your forearm. Give 5 firm back blows with heel of hand.
- 2 Flip face-up. Give 5 chest thrusts with 2 fingers on breastbone.
- 3 Look in mouth. Remove object only if you can clearly see it.
- 4 If unconscious: call 911 and begin infant CPR.

SEVERE BLEEDING

- 1 Put on gloves if available. Press firmly with a clean cloth.
- 2 Keep the injured area elevated above the heart if possible.
- 3 Hold pressure for 5–10 minutes without peeking.
- 4 If blood soaks through, add more cloth on top. Do not remove.
- 5 Call 911 if bleeding is heavy, won't stop, or is a deep wound.

SEIZURE

- 1 Stay calm. Note the time. Do NOT hold them down.
- 2 Clear the area. Move sharp or hard objects away.
- 3 Gently turn them on their side if possible.
- 4 Call 911 if seizure lasts over 5 min, they don't wake up, or it's their first.

HIGH FEVER

- 1 Check temperature if a thermometer is available.
- 2 Give medication ONLY if parents said to, at their dose.
- 3 Keep them comfortable: light clothing, cool room. Offer fluids.
- 4 Call parents if temp is above 103°F or child looks very unwell.

SEVERE ALLERGIC REACTION

- 1 Signs: hives, swelling of face/throat, trouble breathing, vomiting.
- 2 Find the EpiPen if parents showed you where it is.
- 3 Call 911 immediately. Allergic reactions can worsen fast.
- 4 Stay with child. Keep them calm and still. Call parents.

CPR — Child or Adult Not Breathing / Unresponsive

- 1 Check for response. Tap shoulders firmly and shout "Are you okay?"
- 2 Call 911 immediately, then begin chest compressions.
- 3 30 chest compressions — push hard and fast, center of chest. Let chest fully rise between each. Rate: 100–120 per minute.
- 4 2 rescue breaths — tilt head back, lift chin, seal mouth, give 2 slow breaths.
- 5 Repeat: 30 compressions + 2 breaths. Keep going until help arrives.

★ **Emergency Numbers to Know**

Fire, Police, Medical Emergency

911

Poison Control
When something harmful is swallowed
1-800-222-1222