

Your Babysitting Bag

Child and Babysitting Safety

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Having a bag set aside and ready for babysitting jobs ensures that you are prepared when parents reach out. Review the list below for suggestions on what to include in your bag.

- ☉ Child and Babysitting Safety (CABS) Student Book
- ☉ A three-ring binder or folder containing the following documents:
 - Your Babysitting Orientation forms
 - Blank pages for writing notes about the family, home, and what happens on the job
 - On the Job and Emergency Contact Information forms
 - Your resume
 - Babysitter Information forms
- ☉ A calendar, datebook, or app for scheduling your babysitting jobs
- ☉ A written list of important phone numbers including:
 - The Poison Control Help line (1-800-222-1222)
 - Non-emergency number for local police
 - Contact information or references for families who will recommend you to others
 - Contact information for a backup babysitter if you suddenly become sick or unable to care for kids
- ☉ Coloring book and crayons, playdough, stickers, or other small items you are willing to share and leave behind, or age-appropriate puppets, books, games, etc. for the kids you will be babysitting
- ☉ An empty toilet paper roll (to check toy size for choking)
- ☉ A flashlight (with extra batteries)
- ☉ First aid supplies
 - Adhesive bandages (kids love ones with characters or designs!)
 - Disposable gloves (two pairs)
 - Clean pads for bleeding control
 - Hand sanitizer
- ☉ Your cell phone and charger, if available
- ☉ Your wallet
- ☉ Business cards or fliers with your info and availability