

# Other people looking after your child – babysitters

**Victorian law does not say how old a babysitter must be; you must think about the maturity of the person and if they have the skills to keep your child safe and well – check they have experience in looking after a child of similar age to yours – this is particularly important for babies.**

## Tip 1

Talk to other people you know and trust and ask who they have used as a babysitter.

## Tip 2

Ask a potential babysitter for references for you to contact to help you decide if the person is a good fit for you and your children.

## Tip 3

Have a conversation with the babysitter about your expectations – be clear they must never leave a child unattended; explain bath safety; safe sleeping requirements for a baby or young child, and the importance of never shaking a baby.

## Tip 4

Be clear with the babysitter that you expect positive interaction with your child – it is not OK for a babysitter to yell, hit, abuse, ignore, shame or demean your child.

## Tip 5

Provide your family rules and routines for meal time and bedtimes.

**Leaving your child in the care of another person requires careful consideration.**

## Tip 6

Make sure you give the babysitter information to help them care for your child safely and clarify any safety issues, including if the babysitter can have a friend over while they are caring for your child and who can and cannot visit the home whilst you are away.

## Tip 7

Prepare your child for a new babysitter – talk to your child about the babysitter and observe their reaction to babysitter or other carer; this may provide insight into how comfortable they feel in the person's care – check with other people who have used the babysitter to ensure that they were happy with them.

## Tip 8

Make sure the babysitter knows what to do in an emergency – have the 000 emergency number clearly displayed, as well as the poisons information 13 11 26.

## Tip 9

Show the babysitter where you keep your first aid kit, fire extinguisher and fire blankets.

