Summer can be a busy time of year. School is out, ball schedules fill up the calendar, and many families with young children find themselves looking for a babysitter. As a parent, it can be scary to trust the most cherished people in your life to someone else. The most important factor about babysitting is safety. Not only do you want your children to be safe when you leave, but the babysitter needs to be safe too. If you aren’t sure where to start or feel overwhelmed by everything you need to communicate with the babysitter, K-State Research and Extension has many resources available. Begin by going to the Family and Child Development website, found at: https://www.ksre.k-state.edu/families/suddenly-in-charge/safety.html.

Available on this website are several resources that parents can fill out and leave with the sitter. 1) A babysitter information sheet contains spaces where a parent/guardian can list important phone numbers, medical information for each child, information on screen time, nap time, snack time, rules and more. 2) A home safety checklist can take both the parents and the babysitter through all safety precautions that should be taken in the home. 3) The website also has many (easily printable) safety resource sheets with three sections: an information section, an activity the babysitter can do with the children, and a snack that they can make together. These resource sheets cover mental health, social media safety, animal safety, water safety and more.

As a parent/guardian, it is good to have peace of mind when leaving a babysitter in charge. Use these resources- information sheets, checklists, and safety sheets to ensure that things will go smoothly and stay safe for everyone while you are away!

For more information on nutrition, food safety, health, or family and child development contact the Marais des Cygnes Extension District, or write to fmeastwo@ksu.edu or check out our website: www.maraisdescygnnes.k-state.edu