

What Your Partner/Babysitter Needs to Know When Caring for Your Child

Coping with Crying

- What works best to help your baby stop crying. Show your partner/babysitter how to soothe your baby before you leave.
- Put the baby in a safe place and call right away, if your baby will not stop crying.
- What your child likes to do and what toys he likes to play with. Show your partner/babysitter how you and your baby like to play together.

Safe Sleep

- Your baby always sleeps alone and should never sleep with an adult or another child.
- Your baby always sleeps on their back in a crib/bassinet/Pack 'n Play® and should never be put to sleep on a couch, chair, waterbed or any other kind of soft bedding.

Water Safety

- Always watch your child while in the bathtub, at the swimming pool, near any bodies of water or other things filled with water.

Discipline

- Never spank, yell, throw things, shake or hit your child.

Diapering/Toileting

- How to toilet or diaper your child. Let them know it is ok if your child has an accident.
- Have clean clothes and diapers on hand.

Eating

- How much your child usually eats and that it is okay if your child does not eat everything.
- That food messes are okay!

RESOURCES

For more parenting tips and information on local resources, call the Parent HelpLine at 1-800-FLA-LOVE, (1-800-352-5683). Calls are free and confidential.

For free, confidential information and services on domestic violence, call the Domestic Violence hotline at 1-800-500-1119.

To report suspected child abuse and neglect, call the Child Abuse and Neglect hotline at 1-800-962-2873.

LOCAL RESOURCES:



WHO'S WATCHING YOUR CHILD?

The person you choose to watch your child is one of your most important decisions.





You could be making a deadly mistake.

Spend time observing your partner/babysitter with your child before leaving them alone together. Watch the interaction. Make sure you and your child are comfortable and the interaction is appropriate.

Does your partner/babysitter:

- Expect your child to do things that are not realistic for his/her age?
- Overreact when your child breaks rules or does not follow directions?
- Show anger or impatience when your child cries or throws a tantrum?
- Call your child bad names or say mean things to your child?
- Think it is funny to scare your child?
- Say you are a bad parent and not strict enough?
- Hurt your child?
- Handle guns and knives around your child?
- Think your child is a bother and gets in the way?
- Drink alcohol in excess or use drugs around your child?

If you have answered yes to even one of these questions, your child could be at risk. Do the right thing—carefully choose who you allow to watch your child.

Did you know?

- When you leave your child with your partner or babysitter, you expect them to care for your child just like you would, **but that is not always the case.**
- Children who live with adults not related to them are nearly 50 times as likely to die of inflicted injuries as children living with two biological parents.
- Many children who die from physical abuse are killed by the mother's boyfriend.
- People under the influence of drugs/alcohol, who are very tired or stressed out, can get angry over minor things that all children do, like crying or spilling something. This anger can put your child at risk of being hurt.
- When someone lets anger get out of control, it only takes one hard shake or one hard hit to the head or body to kill an infant or small child.

What You Can Do

In case of an emergency and before you leave home:

- Leave your cell phone number and other emergency numbers.
- Let your partner/babysitter know it is okay to call you for help. Check in several times while you are away.

When you get home:

- Ask your partner/babysitter what they did while you were away.
- Ask your child if they liked your partner/babysitter after they leave.
- Observe your child's behavior, especially an infant or toddler. Does your child seem peaceful and happy?
- If you suspect something is wrong with your child or if they have been hurt, get help right away.

Teach your child:

- The name of a trusted neighbor close to home who they can call or go to if they think they are in danger.
- How to call 911 in an emergency.
- That it is okay to talk to you about any problems or concerns they might have about your partner/babysitter.