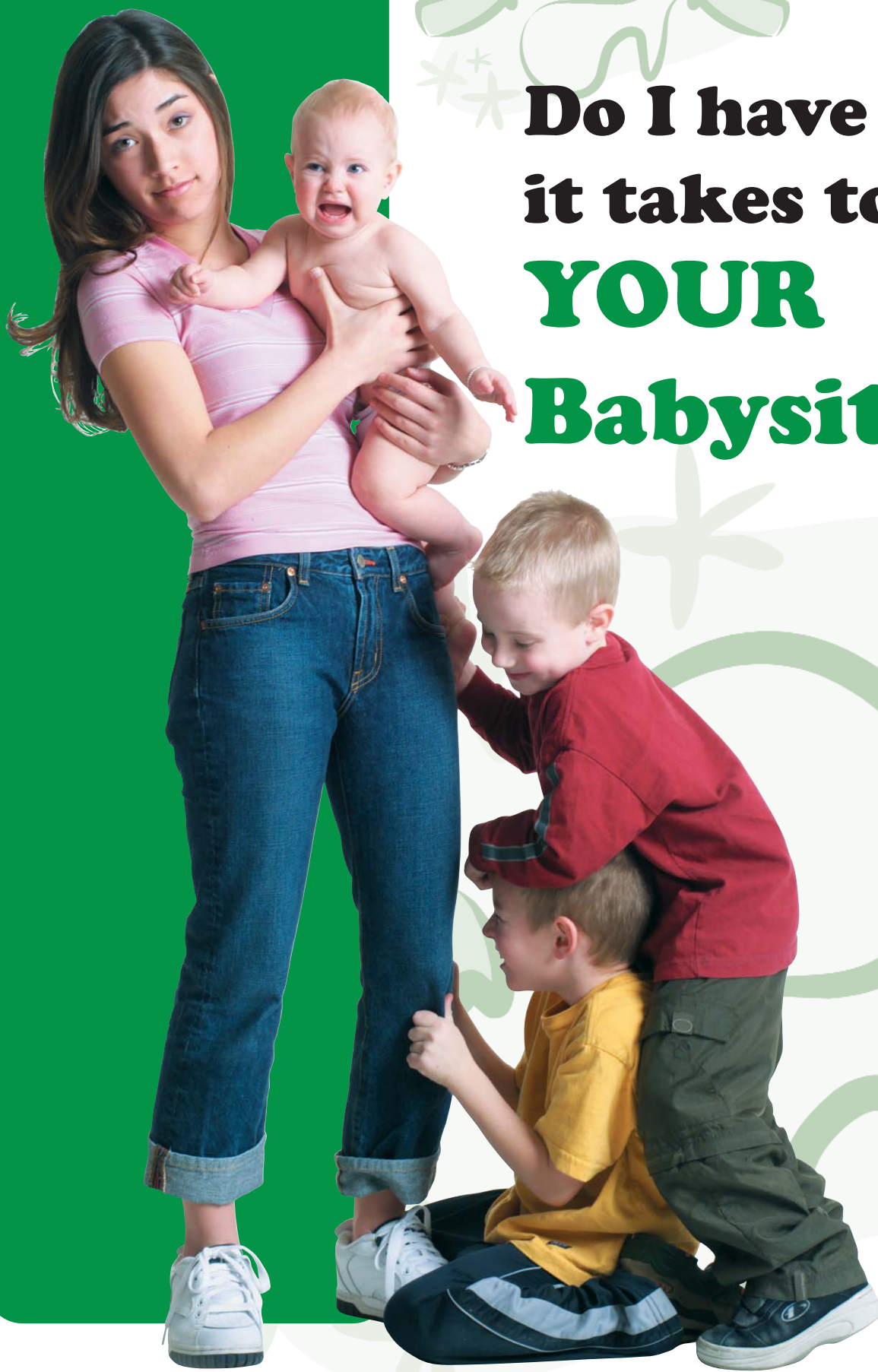


Student Worksheets

**4-H/Army Child & Youth Services
Babysitting Course!**

**Do I have what
it takes to be
YOUR
Babysitter?**



Worksheet One

Throughout the manual you will find worksheets to be completed. These are to help you keep track of what you are learning and document activities you do outside of the babysitting course.

Babysitters Do

What are three of your favorite memories from early childhood?

1.

2.

3.

Babysitters Share

(Date and have an adult initial when complete)

	Date	Adult Initials
Share with the group or a friend why these were your favorite memories.	_____	_____
Share past babysitting experiences (if anyone in your group has already babysat).	_____	_____
Share what characteristics you think a babysitter needs.	_____	_____

Babysitters in Action

(Date and have an adult initial when complete.)

	Date	Adult Initials
Role play a situation in which you are the babysitter and a friend is the parent. You have just arrived and are discussing expectations and household rules and procedures.	_____	_____

Am I the **Right Person** **to be a Babysitter?**



Being a babysitter may be the first paying job you will have. It can be fun as well as rewarding.

However, it is a big responsibility. Before you decide to take that first babysitting job, think about the following points. Knowing what your strengths are is the first step to understanding what kind of a babysitter you will be.



Babysitter Questionnaire

TRUE

FALSE

1. I like children.
2. I know lots of games to play with children.
3. I am willing to learn what I need to know.
4. I try to be calm and understanding in arguments.
5. People tell me I am good with children.
6. As a babysitter, I realize keeping the child safe and happy is my first priority and that what I want to do comes second.
7. I like to read aloud.
8. I know some first aid and am willing to learn more.
9. I am responsible.
10. I am confident in talking with adults.
11. I am in good physical health.
12. I realize that all families are different and I can be flexible.
13. I know it is important to write down all instructions from parents.
14. I know I should not gossip about the family I babysit for.

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You've got the idea



The rest is up to you - but remember to keep things simple and safe! List the items you would put in a Magic Bag on this chart and write your thoughts as to why you chose each item in the corresponding criteria box.



	Item	Use for what age of child?	Use how?	Issues to watch out for:	Is it safe?	Is it clean and neat?	Is it durable?
1	Teddy Bear	3 and up	Comfort Play	Has buttons eyes that could come off be swallowed.	Yes	Yes	Yes
2							
3							
4							
5							
6							
7							
8							

Family File and Job Log

As a babysitter, you are the “go to” person in every emergency. In this job, you need to have important information ready in a moment's notice. Knowing what information to have, and where to find it quickly, can be the difference that saves lives! Keeping a file on each family allows you to be prepared in a variety of situations.

The following is one example of a “Family File.” However, after completing the activity “What I Need to Know to be a Babysitter” with the rest of the group taking the babysitting course, you may want to develop your own!



Names and ages of children:

Playtime information (tv, computer limits, playmates, areas outdoors, indoors):

Bedtime information (time, rituals, special toy or blanket):

Discipline (house rules, behavior and disciplinary action):

Health information (food, medicine, allergies)

Important Information

Parent/Guardian Name:

Street Address:

Home Telephone:

Cellular Telephone:

Information to get from parent/guardian:

Neighbor's name:

Neighbor's telephone :

Relative's name and telephone:

Family doctor's name and telephone:

Local fire telephone:

Local police telephone:

Local emergency telephone:

Poison Control:
(usually) 1-800-222-1222

Household Information

☒ **supplies:** first aid kit, flashlight, plunger

☒ **locks,** alarm locations and codes, garage openers, extra **keys:** where they are kept and how they work

☒ **pets:** responsibility for them if any

☒ **appliances:** how they work, including can opener, microwave, fuse box/circuit breaker location

Date and Time Log

Family Name _____

Date: _____

Destination of Parent/Guardian: _____

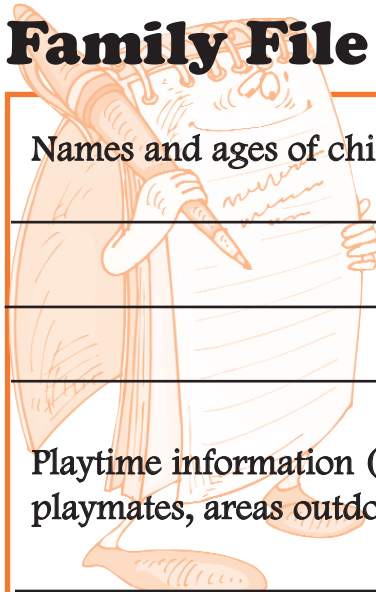
Phone Number to Reach Parent/Guardian: _____

Emergency Contact: _____

Expected Time of Return: _____



Family File and Job Log



Names and ages of children:

Playtime information (tv, computer limits, playmates, areas outdoors, indoors):

Bedtime information (time, rituals, special toy or blanket):

Discipline (house rules, behavior and disciplinary action):

Health information (food, medicine, allergies)

Important Information

Parent/Guardian Name:

Street Address:

Home Telephone:

Cellular Telephone:

Information to get from parent/guardian:

Neighbor's name:

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Date and Time Log

Family Name _____

Date: _____

Destination of Parent/Guardian: _____

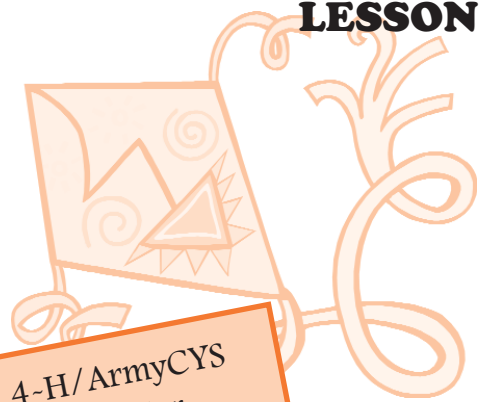
Phone Number to Reach Parent/Guardian: _____

Emergency Contact: _____

Expected Time of Return: _____

Parent/Guardian Survey

As a babysitter, it is important to know what is expected of you. Make copies of this survey and ask at least two parents or guardians whom you know if they would be willing to take the survey. How are their answers different from what you expected to see?



Hello! My name is _____ and I am enrolled in a 4-H/ArmyCYS Babysitting Course learning to be a capable, responsible, caring babysitter. One of our assignments is to find out what parents look for in a babysitter. Would you be willing to answer a few questions for me about babysitters? It should only take 5 minutes. Thank you.

Name of parent _____

Number and ages of children _____

What kind of person do you look for when hiring a babysitter?

What skills or abilities do you look for when hiring a babysitter?

What expectations do you have of a babysitter?

What restrictions do you place on a babysitter?

What do you normally pay? When do you pay?

How do you locate a babysitter?

We're done! Thank you for helping me learn about what it takes to be a good babysitter!

“Parent Survey”

Hello! My name is _____ and I am enrolled in a 4-H/ArmyCYS Babysitting Course learning to be a capable, responsible, caring babysitter. One of our assignments is to find out what parents look for in a babysitter. Would you be willing to answer a few questions for me about babysitters?

It should only take 5 minutes. Thank you.

Family name of parent _____

Number and ages of children _____

What kind of person do you look for when hiring a babysitter?

What skills or abilities do you look for when hiring a babysitter?

What expectations do you have of a babysitter?

What restrictions do you place on a babysitter?

What do you normally pay? When do you pay?

How do you locate a babysitter? _____

We're done! Thank you for helping me learn about what it takes to be a good babysitter!



Worksheet Two

(Date and have an adult initial when complete)



Babysitters Do

Role play a family who wants to hire a babysitter.

Complete a "Family File and Job Log" for a family (can be your own if you want!).

Date

Adult Initials

Babysitters Share

Share with the group or a friend the rules your family has and why you have them.

Show the group or a friend your completed "Family File and Job Log". Discuss the importance of at least three items.

Date

Adult Initials

Babysitters in Action

Use the "Family File and Job Log" when you babysit the first time after you complete this course.

Date

Adult Initials



[illegible]

Babysitter's Report

Names of Children: _____

Date: _____

Circle the Appetite Level for Each Child: great good not great

Foods Eaten: _____

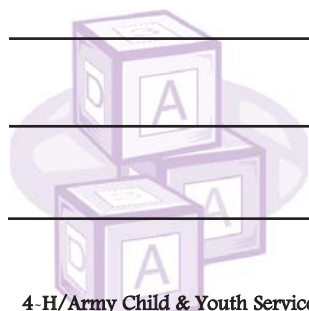
Stories, Songs, Games: _____

Special Activities: _____

Toileting for Each Child: _____

Something Wonderful Each Child Did: _____

Comments: _____





Worksheet Three

(Date and have an adult initial when complete)

Babysitters Do

Made a first aid kit.

Date

Adult Initials

Participated in a first aid and CPR training session.

Role played at least four emergency situations.

Babysitters Share

Discuss emergency situations you have heard about or in which you have been involved. How did the people involved respond? Which responses were good? Which responses could be improved?

Date _____ Adult Initials _____

Babysitters in Action

Share what you have learned about handling emergencies with your parent/guardian, a school class, a parent you babysit for, or another adult.

Date _____ Adult Initials _____





Worksheet Four

LESSON 6

(Date and have an adult initial when complete)

Babysitters Do

Practiced changing a diaper on either a doll or a real baby.

Discussed with the group or a friend some activities you could do while babysitting children of different ages.

Role played with a member of the group, a friend or an adult what to do with a child who doesn't want to go to bed.

Made a nutritious snack and explained why it is nutritious.

Selected four toys and explained why they are age appropriate.

Discussed with your group or an adult some activities you could do with children of deployed parents/guardians.

Date

Adult Initials

Babysitters Share

Have you ever noticed that all children are not alike? Talk with a friend about the differences you notice among the children you know, younger brothers or sisters, etc. Write down their ages and some of the differences you discussed.

Date

Adult Initials

Babysitters in Action

Write two new things you learned about children's behavior.

Date

Adult Initials

How will what you learned about children's behavior help you when you babysit?

Date

Adult Initials

Worksheet Five

(Date and have an adult initial when complete)



Babysitters Do

Make a Babysitters Magic Bag

Make a flyer or business card to advertise yourself.

Be cautious as to what information is included

(no last name or contact information.

You do the contacting.)

Date

Adult Initials

Babysitters Share

Discuss with your group or another adult each item

in your Babysitters Magic Bag and why you included it.

Discuss your business card with
an adult. Explain how you would
use it safely.

Babysitters in Action

Date

Adult Initials

Organize a group of trained
babysitters to volunteer at a
community event, Family day or
Soldier Homecoming.

Enlist your friends in your Army
Youth Program or 4-H Club to
make "Babysitter Magic Bags"
and donate them to your
Child & Youth Services

Lending Library or 4-H Club to
have on hand for future babysitting classes.



Babysitting Brain Buster

L	K	J	E	Q	R	E	U	N	Y	M	M	Y	Y	S
U	T	O	Q	B	R	M	L	R	O	E	W	O	X	C
F	R	N	O	H	S	T	E	A	C	H	I	Z	O	S
T	H	C	H	B	P	Y	B	A	B	D	F	N	N	E
H	S	G	N	O	N	R	A	G	E	X	A	I	W	S
G	T	P	X	I	S	E	Q	F	D	T	F	A	N	C
U	A	T	I	V	S	T	A	E	R	C	I	A	D	I
O	Y	Q	Y	K	B	F	N	E	H	G	R	I	S	R
H	G	N	C	T	L	C	T	J	N	I	S	B	R	E
T	M	A	I	V	E	N	P	I	O	C	Y	O	T	K
P	K	J	W	C	R	F	S	G	N	P	P	T	R	X
C	N	D	D	I	N	I	A	V	Y	U	A	L	E	H
S	D	P	A	L	D	A	E	S	H	F	H	E	M	K
R	E	D	D	L	E	R	D	X	N	F	H	E	M	K
T	O	D	D	L	E	R	D	X	N	F	H	E	M	K

BABY

BOTTLE

CONFIDENCE

DANCING

DISCOVER

FUN

LEARNING

RESPONSIBLE

SCHOOLAGE

SINGING

TEACH

TODDLER

TRUST

BOOK

CARING

CREATIVITY

DIAPER

ENTERTAIN

HAPPY

MARKERS

SAFETY

SENSITIVE

SNACK

THOUGHTFUL

TOY

WATCH

Created by Puzzlemaker at DiscoverySchool.com

