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BABYSITTING BASICS

ARE YOU READY TO BABYSIT?

Most kids begin babysitting when they are between twelve and fourteen years old. Check with a parent or guardian to get permission and opinions. Before you take responsibility for watching others, you need to be responsible for yourself. Can you stay home alone? Can you prepare simple meals? Can you clean up after yourself?



HOW DO YOU LEARN HOW TO BABYSIT?

- 1** Watch other babysitters. Ask an older sibling or friend if you may come along to help and learn. (You will also need to ask the parents if it's OK for you to come.)
- 2** Take a babysitting class. Find out if the Red Cross, scouts or your local parks and recreation department offers a class. Take it with a friend if possible, so you can compare ideas.
- 3** Babysit. Some things you can only learn by doing. Read books like this. Talk to other babysitters. Then try it. If you have younger siblings, you can begin by babysitting them.