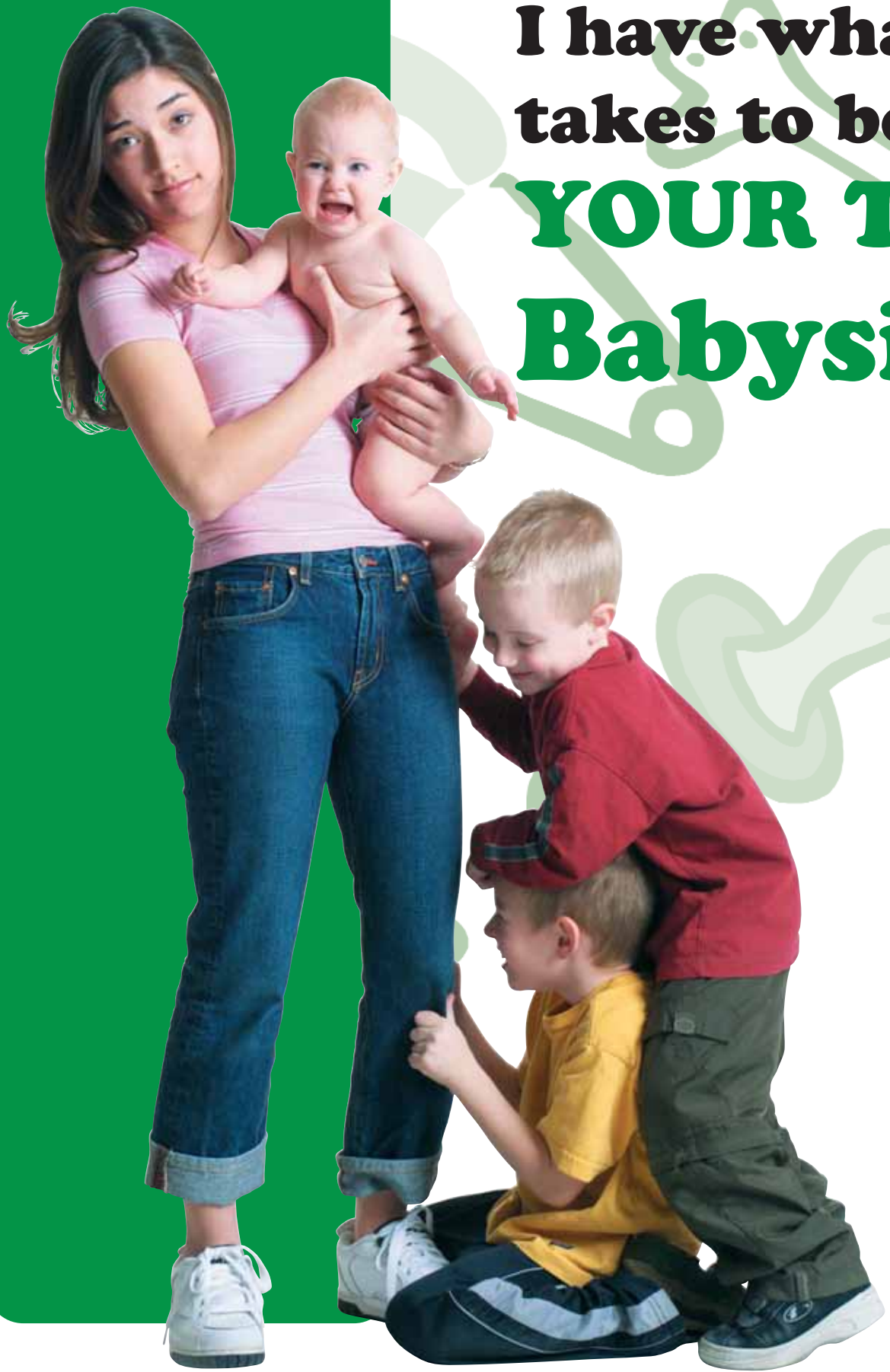
4-H/Army Child & Youth Services

Student Worksheets

I have what it takes to be YOUR Teen 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.	☐	☐

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**

Note: Example only, do not write on this page. See page 18 and 19 to make copies.

Date and Time Log

Family Name

Date: _____

Destination of Parent/Guardian: _____

_____

Phone Number to Reach Parent/Guardian: _____

_____

Emergency Contact: _____

_____

_____

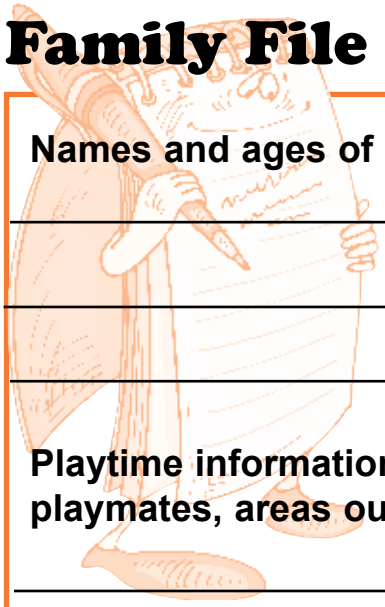
Expected Time of Return:

_____

_____

Do not write on this page. Make copies and complete a separate record for each family.

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:

Neighbor's telephone :

Relative's name and telephone:

Family doctor's name and telephone:

Local fire telephone:

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Local emergency telephone:

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- ☑ **supplies: first aid kit, flashlight, plunger**
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Do not write on this page. Make copies and complete a separate record for each family.

Date and Time Log

Family Name _____

Date: _____

Destination of Parent/Guardian: _____

Phone Number to Reach Parent/Guardian: _____

Emergency Contact: _____

Expected Time of Return: _____

Note: Example only, do not write on this page. See page 21 to make copies.

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!

Do not write on this page. Make copies and complete a separate record for each family.

"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

Initials	Date	Adult
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!).	_____	_____

Babysitters Share

	Date	Adult Initials
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.	_____	_____

Babysitters in Action

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

Do not write on this page. Make copies and complete a separate record for each family.

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

	Date	Adult Initials
Made a first aid kit.	_____	_____
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

	Date	Adult Initials
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.	_____	_____

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

	Date	Adult Initials
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.)	_____	_____

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

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