



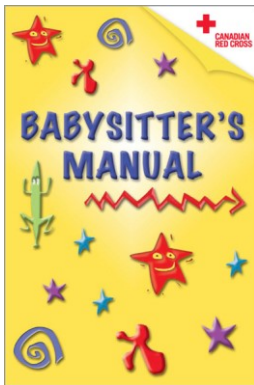
# Canadian Red Cross Babysitting Course















## Packing your babysitting kit

**Be ready for action, fun and safety when you head to your babysitting jobs.**

**With the right kit you can entertain and protect the children you look after, while having fun at your job.**

**The Canadian Red Cross recommends you pack these items in your babysitting backpack:**



-  The Canadian Red Cross Babysitter's Manual
-  Pen/pencil
-  A Canadian Red Cross First Aid Kit or First Aid supplies (e.g. band aids, disposable gloves, gauze, tape)
-  Flashlight with batteries
-  Diaper/hand wipes
-  Antiseptic hand cleanser
-  Age appropriate books or DVDs
-  Age appropriate music or audio books
-  Age appropriate toys/games
-  Arts and crafts supplies
-  Crayons and construction paper
-  Children's activity books
-  Cell phone (if your family has one)
-  Knapsack or book bag to hold the supplies



For information about Alpha Life Trainers visit

[www.alpha lifetrainers.ca](http://www.alpha lifetrainers.ca) or call us at

**1.647.892.5207**

Get involved! See all the Red Cross programs for youth at

[redcrossyouth.ca](http://redcrossyouth.ca) and follow us on:





# Babysitter's Checklist

## Important Contact Information

Emergency Number

**911** or .....

Doctor

.....

Poison Control

.....

Neighbour  
(Name & Phone)

.....  
.....

Address here

.....  
.....

Phone here

.....

Mother's phone

.....

Father's phone

.....

Parents home at

.....o'clock AM PM

## Child/Children Information

Child's full name.....

Nickname.....

Age.....

Allergies.....

Special medical conditions.....

Bedtime(s).....

Naps.....

Feeding.....

Special instructions/Rules.....

Child's full name.....

Nickname.....

Age.....

Allergies.....

Special medical conditions.....

Bedtime(s).....

Naps.....

Feeding.....

Special instructions/Rules.....



## Know Where the Following Are Located:



First aid supplies



Fire extinguisher



All exits/Fire escapes



Dangerous cleaners/Pills



Forbidden/Hazardous areas



Phone and phone book