

SAFETY REMINDERS FOR BABYSITTERS

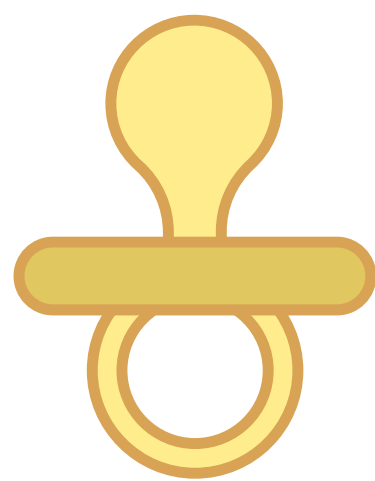
FOOD



- Be aware of **FOOD ALLERGIES**
- Have parents show you how they prepare bottles or infant foods
- Never leave a child alone with food
- Foods that are **CHOKING HAZARDS** for children under 3 include raisins, grapes, gum, hot dogs, popcorn, and candy
- Know both infant and child CPR

SLEEP

The National Institute for Child Health and Human Development recommends always placing healthy infants **ON THEIR BACKS** to sleep



SAFETY



- Never leave children unattended
- Do not let anyone into the home without parent or guardian permission
- Respect parents' instructions and routines
- Share any safety concerns with parents

EMERGENCIES - CALL 9-1-1

- If an accident or emergency happens, stay calm, assess the situation, and get help if necessary
- Call the parents immediately